

Title	Age Group	Subject	Description
“Ending the Tobacco Holocaust: How Big Tobacco Affects Our Health, Pocketbook, and Political Freedom”	Adult/Teen	Tobacco	Details the financial and health damages done by tobacco companies by allowing business as usual and provides simple actions that you can take to save the lives of millions of people.
“Smoking 101: An Overview for Teens”	Teen	Tobacco	Provides the information that will help teens make the choice of whether or not to try that first cigarette. If you have already passed that point, provides lots of practical information on how to beat nicotine addiction.
“A Teens Guide to Living Drug Free”	Teen	Alcohol/ Drugs	Contains facts about alcohol and drugs and their effects on the body, ways to say no, information on where to go if you or someone you know needs help quitting drugs or alcohol, and skills to prevent relapse into drugs or alcohol.
“An Overview for Teens: Drugs 101”	Teen	Alcohol/ Drugs	Answers to questions such as “What are illicit drugs?; Why do people use them?; What is addiction? and others.
“How to Say No and Keep Your Friends”	Teen	Peer Pressure	Ways to say “no” in various situations that teens face, while still maintaining friendships; how to stand out by saying no and making right choices.
“Smoking”	Pre-Teen	Tobacco	From the “My Health” series, details the effects of smoking on the body, reasons people smoke and ways to say no when offered cigarettes.
“Too Cool for Drugs”	Elementary	Alcohol/ Drugs	Ideas for saying no, fighting peer pressure, and building self-confidence in elementary school aged children.
“My Big Sister Takes Drugs”	Elementary	Alcohol/ Drugs	Illustrated short-story for elementary aged children dealing with drugs in the home.
“Know How to Say No to Alcohol and Drugs”	Elementary	Alcohol/ Drugs	Illustrated children’s guide on ways to say no to drugs and different kinds of feelings and experiences they might encounter when dealing with peer pressure.
“Ned Learns to Say No”	Elementary	Alcohol/ Drugs	Illustrated poems on drugs, alcohol, smoking and other subjects.
“An Elephant in the Living Room”	Elementary/Pre Teen	Alcohol	Workbook for children coping with alcohol addiction in the home; coping with anger and other emotions associated with children living in alcoholic households.
“Cigarettes, Cigarettes: The Dirty Rotten Truth About Tobacco”	Elementary/Pre Teen	Tobacco	Facts about tobacco addiction and tobacco advertising.

“Raising Drug-Free Kids”	Parents/Adults	Alcohol/ Drugs	Includes one hundred tips for keeping children of all ages away from drugs and alcohol.
“Helping Your Chemically Dependent Teenager Recover: A Guide for Parents and Other Concerned Adults”	Parents/Adults	Alcohol/ Drugs	A guide for all adults who may have interaction with a teenager who is recovering from alcohol or drug addiction; details the steps needed to help them recover and remain free from drugs and alcohol; helps adults understand the feelings and hardships associated with teenage chemical dependency.
“Teens Under the Influence: The Truth About Kids, Alcohol, and Other Drugs”	Parents/Adults	Alcohol/ Drugs	Focuses on adolescent alcohol and other drug use, addressing the immediate dangers that threaten kids and exploring the short and long term effects of addiction while giving parents and other adults practical advice to combat the epidemic of drugs and alcohol.
“Choices & Consequences: What to Do When a Teenager Uses Alcohol or Drugs”	Parents/Adults	Alcohol/ Drugs	Written for parents, educators, family doctors, social workers and anyone else who interacts with teenagers. Describes the step by step process called intervention that can help to stop a teenagers use of alcohol or drugs.
“Preventing Youth Access to Tobacco”	Parents/Adults	Tobacco	Discusses youth access to tobacco products and the relationship between public policy and access. Describes the ways that parents, schools, police, retailers and others interact to prevent teen access to tobacco.
“Drug Free Youth”	Parents/Adults	Alcohol/ Drugs	Reviews normal adolescent behavior and the signs of disturbance. Helps specialists to choose productive prevention strategies and curriculums.
“90 Ways to Keep Your Kids Drug Free”	Parents/Adults	Alcohol/ Drugs	Tips for all aspects of family life that can be used to keep kids drug free from toddlers to teenagers.
“Keep Your Kids Tobacco Free”	Parents/Adults	Tobacco	Filled with practical strategies that have been proven to work; effective methods to keep kids tobacco free from childhood to teenage years.
“Drug-proof Kids”	Parents/Adults	Alcohol/ Drugs	Quick and practical strategies in an easy to use handbook; includes prevention psychology, self-esteem, emotional management, role modeling, family systems, peer pressure and others.
“Help Your Kids Stay Drug Free”	Parents/Adults	Alcohol/ Drugs	Helps to understand why kids take drugs, how to spots signs of drug use, and how to encourage kids to live fulfilling, drug free lives.
“Drugs an Your Kid”	Parents/Adults	Alcohol/ Drugs	Read signs and symptoms of drug use, find out what parenting styles do and don’t work, learn how to set effective limits and deal with uncooperative teens and other valuable information.
“Peer to Peer”	Teen/Adult	Alcohol/ Drugs	Lean how “peer to peer” strategies can help prevent drug abuse. From the United Nations Office on Drugs and Crime.
“Bullies Are a Pain in the Brain”	Elementary	Bullying	Illustrated guide for kids to deal with bullies and other behaviors and to talk with grown ups about bullying problems.

“Hot Issues, Cool Choices: Facing Bullies, Peer Pressure, Popularity & Put Downs”	Pre-Teen	Bullying/ Peer Pressure	A guide for dealing with a variety of situations faced in schools, including popularity and put downs. Provides real life scenarios with question & answer section to get kids thinking about their responses to different situations.
“Stop Bullying Bobby”	Elementary	Bullying	Illustrated short story about coping with bullying and teasing in school.
“King of the Playground”	Elementary	Bullying	Illustrated short story about coping with bullying and teasing in school.
“The Recess Queen”	Elementary	Bullying	Illustrated short story about coping with bullying and teasing in school.
“Stand Tall, Molly Lou Melon”	Elementary	Bullying	Illustrated short story about coping with bullying and teasing in school.
“Learning to be a Good Friend”	Elementary	Personal Development	Illustrated guidebook for children on how to make friends, sharing and other important social skills.
“Happy to Be Me”	Elementary	Personal Development	Illustrated guidebook for children about self esteem, dealing with change, and making mistakes.
“Too Smart for Trouble”	Elementary	Personal Development	Guidebook for children to read along with their parents; includes ways to say no to fighting, lying, being unkind to others, talking to strangers and other issues.
“Making Every Day Count”	Teen	Personal Development	Daily readings for improving self esteem, setting goals and making choices in daily life.
“Living With Anxiety”	Adult/Teen	Personal Development	Managing general feelings of anxiety, recognizing and preventing panic attacks, understanding obsessive-compulsive disorders and other issues. For adults and teens.
“What Teens Need to Succeed”	Teen	Personal Development	Helps teens to shape their own lives and futures by providing guidance for goal setting, improving communication and developing better personal relationships.
“Wise Highs”	Teen	Personal Development	Ways for teens to relieve stress and achieve positive “highs” through natural activities.
“Hot Stuff to Help Kids Chill Out”	Elementary/Pre Teen	Personal Development	Ideas to help kids deal with anger and stress management.
“The 6 Most Important Decisions You’ll Ever Make”	Teen	Personal Development	Gives teens strong advice needed to make informed and wise decisions about how to succeed in school, build self esteem, get along with parents, and much more.
“A Taste-Berry Teen’s Guide to Setting & Achieving Goals”	Teen	Personal Development	Stories, commentary and advice from teens for teens about setting and achieving goals in life.

“Mentoring Teens: A Resource Guide”	Parent/Adults	Personal Development	A guide for parents and other adults who interact with teenagers. Includes information on study skills, life skills, communication skills, employability skills and other issues.
“Life Lists”	Teen	Personal Development	Guidebook for growing up, getting along, learning and having fun.
“What Do You Really Want”	Teen	Personal Development	Why goals are important, how to move step by step to achieve your goals, how to stop procrastinating and overcome obstacles to your goals and other helpful advice.
“Bringing Up Parents: The Teenagers Handbook”	Teen	Personal Development	How to communicate better with parents and other adults to improve relationships, gain respect and trust and decrease the number of fights in your home.
“Stick Up for Yourself”	Elementary/Pre Teen	Personal Development	How to stick up for yourself with other kids, big brothers or sisters, bullies, teasers and even adults. Increase self esteem and personal power.
“Help is Here for Facing Fear”	Elementary	Personal Development	Children’s guide to dealing with fears, from fear of the dark to bullying and teasing, and dealing with death and loss.
“Standing Up to Peer Pressure”	Elementary	Personal Development	Children’s guide to dealing with peer pressure in different situations, finding self respect and getting support from parents and other adults.
“Peer Pressure: Deal With It Without Losing Your Cool”	Elementary/Pre Teen	Personal Development	Guide for coping with peer pressure; includes self tests to identify situations children may be facing and advice for dealing with the issue.
“Best Books for Kids Who Think They Hate to Read”	Elementary/Pre Teen/Teen/Adult	Education	125 books that kids will love to read, with brief descriptions of each book and suggested other readings if your kids like what they have read. Great for increasing kids reading levels.
“Big Book of Science Activities: Fun and Easy Experiments for Kids”	Elementary/Pre Teen	Education	250 fun and easy experiments for kids. Great for rainy day projects and science fair ideas.
“Creative Games in Group Work”	Parents/Adults	Education	Activities and games for all sorts of groups. Includes brain teasers, word games, outdoor activities and many other great ideas. Perfect for anyone leading a group activity.
“104 Activities That Build:”	Parents/Adults	Education	Great activities for building self esteem, teamwork, communication skills, anger management, self discovery and coping skills.
“Indoor Action Games for Elementary Children”	Parents/Adults	Education	Over 200 indoor activities, including aerobic activities, cooperative games and academic action games.
“Great Big Book of Children’s Games”	Parents/Adults	Education	Over 450 indoor and outdoor kid’s activities and games. Games for children age 3 – 14 years.

“Excuse Me!: A Little Book of Manners”	Toddler	Personal Development	Illustrated book for teaching manners to toddlers.
“Where the Wild Things Are”	Elementary	Fiction	Classic children’s story of Max and the Wild Things. Illustrated, great for first time readers.
“Safe Kids: A Complete Child Safety Handbook and Resource Guide for Parents”	Parent/Adults	Safety	Safety guide for parents and other adults. Includes household safety and basic first aid; baby sitter, day care, travel and recreational safety; and holiday and vacation safety.