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INSPIRATION

Kaitlin Atkinson Family Resource Library

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7 secrets of highly successful kids / Kuitenbrouwer, Peter -- Montreal: Lobster Press, 2001.

What do a skateboarder, an actor, a drummer, and a ballet dancer have in common? They all have strong opinions about what it means to be successful, and each one has a personal strategy for reaching goals.

FAM BJ 1631 .K84

10-10-10: 10 minutes, 10 months, 10 years - a life-transforming idea / Welch, Suzy. -- New York: Scribner, 2009.

With this book, Welch proposes a transformative solution to everyday pressures, helping us tease apart our deepest goals and values, candidly face our fears and dreams, and rid ourselves of frustration and regret. This book has shown its effectiveness in decisions large and small, routine and radical, getting us out of neutral at home, in love, and at work. Across the board, this immensely useful and revelatory idea provides us with the tools to regain control of our choices—and ultimately reclaim our lives.

FAM BF 723 .I642 W36 2009

The art of being: 101 ways to practice purpose in your life / Jones, Dennis Merritt. -- New York: Jeremy P. Tarcher/Penguin, 2008.

The Art of Being is a user-friendly manual to help you become acutely aware of how to live more mindfully on a day-by-day, hour-by-hour, moment-by-moment basis and thus create more peace and happiness in your life and in the lives of those around you.

FAM BJ 1581 .J56 2008

Bouillon de poulet pour l'âme: de nouvelles histoires qui réchauffent le cœur et remonte le moral -- Paris: J'ai lu, 2002.

Voici 80 histoires vraies de dépassement personnel qui sont autant de leçons d'espoir, d'abnégation, d'humour, et dont la simple lecture redonne de l'énergie. Parce qu'il suffit parfois d'un sourire, d'un geste pour ensoleiller une journée entière, apaiser des souffrances, libérer des émotions, cet ouvrage est un formidable cocktail de vitamines pour le cœur et l'esprit.

FAM BJ 1581.2 B68514 2002

Chicken soup for the nurse's soul: 101 stories to celebrate, honor and inspire the nursing profession -- Deerfield Beach, FL: Health Communications, 1997.

This collection of true stories champions the daily contributions, commitments and sacrifices of nurses.

FAM BJ 1581.2 .C376

Chicken soup for the soul: children with special needs - stories of love and understanding for those who care for children with disabilities -- New York: Scholastic Inc., 2007.

The authors of these candid stories relate their own experiences of adjusting, reaching out, and flourishing and share their universal worries, their tears, and the laughter that come with this extraordinary relationship. You will be guided by the wisdom of fellow parents, caregivers, and those with special needs to help you be the very best parent or caregiver you can be.

FAM BJ 1651 .C29 2009

Chicken soup for the volunteer's soul: stories to celebrate the spirit of courage, caring and community -- Deerfield Beach, FL: Health Communications, 2000.

Chicken soup for the volunteer's soul is a collection of short touching, uplifting and inspirational accounts of volunteers serving in a variety of organizations.

FAM BJ 1581 .C425

Chocolate for a teen's dreams: heartwarming stories about making your wishes come true /

Allenbaugh, Kay. -- New York, NY: Fireside, 2003.

A collection of real-life stories written by teenage girls and women relating their dreams concerning such things as love, friendship, and recognition of their talents, and how they make dreams and wishes come true.

FAM HQ 798 .C546 2003

Chocolate for a teen's soul: life-changing stories for young women about growing wise and growing strong -- New York: Fireside, 2000.

This collection offers 55 tales of life and love as a teenager. From teens of every age, including women who remember what it was like, come stories of first love, first jobs, best friends, heartbreak, hope, innocence, and the real world. Poignant, funny, and powerful, these stories tell it like it is. Teens will see themselves in these pages and find comfort in knowing that they are not alone.

FAM HQ 798 .C48

Choose them wisely: thoughts become things / Dooley, Mike. -- New York: Atria Books, 2009.

Living the life of your dreams isn't just about dreaming. It's also about living: following your impulses, turning over every stone, and stepping out into the world so that the wind can catch your sails. To those in the know, it's as if your dreams paint the picture and the Universe stands ready to bring it to life. Author Mike Dooley's conversational, inviting tone welcomes readers at every level of self-development into the wonder of their own self-directed futures.

FAM BJ 1651 .D66 2009

The complete idiot's guide to spirituality for teens / Grimbol, William R -- Indianapolis: Alpha Books, 2000.

This book shows teens how to really connect with the world around and inside them-- whatever the religious background. Getting in touch with your spiritual side will help you understand yourself and help you get through bad days on your own. In this positive and practical book, you'll learn ways to understand yourself and what you really want, guidelines for being-- and being treated like-- the person you want to be and advice to help smooth out the rough spots.

FAM BJ 1661 .G74

Don't sweat the small stuff for teens: simple ways to keep your cool in stressful times / Carlson, Richard -- New York: Hyperion, 2000.

Anyone who thinks teens have it easy hasn't been to a high school recently. Teenagers deal with stress in just about every facet of their lives: academics, sports, social situations, family life, money matters, and work. In simple, straightforward language, Dr. Carlson addresses common teen concerns with chapters such as: Make Peace with Your Mistakes, Be Creative in Your Rebellion, Be Okay with Your Bad Hair Day, Turn Down the Drama Meter, and Notice Your Parents Doing Things Right.

FAM BJ 1661 .C37

Eat mangoes naked: finding pleasure everywhere and dancing with the pitts / Sark -- New York: Fireside, 2001.

This is an inspirational guide to help you find pleasure in all of the difficult places: during illness, at the periodontist, facing our aging and mortality.

FAM BJ 1581.2 .S279

Every day counts: lessons in love, faith, and resilience from children facing illness / Sirois, Maria -- New York: Walker & Company, 2006.

This book speaks directly to anyone who is sick, but also to therapists, doctors, and nurses, presenting an inside look at how they cope with the emotional strain of caring for the seriously ill, of being touched by grief yet not consumed by it.

FAM RC 281 .C4 S57 2006

The four things that matter most: a book about living / Byock, Ira -- New York: Free Press, 2004.

Four simple phrases "please forgive me", "I forgive you", "Thank you" and "I love you" provide us with a clear path to emotional wellness; they guide us through the thickets of interpersonal difficulties to a conscious way of living that is full of integrity and grace.

FAM BF 723 .I642 B96 2004

The good son: shaping the moral development of our boys and young men / Gurian, Michael -- New York: Jeremy P. Tarcher/Putnam, 2000.

A handbook for parents concerned with the development of moral and ethical values in boys from birth to the age of eighteen.

FAM HQ 775 .G82

The greatest secret of all: moving beyond abundance to a life of true fulfillment / Allen, Marc. -- Novato, CA: New World Library, 2008.

This little book clearly explains this law of manifestation but then takes it a quantum leap further, revealing how to create what is truly important in life — happiness, fulfillment, inner peace, and making the world a better place for all.

FAM BJ 1533.2 .A66 2008

The happiness project: or why I spent a year trying to sing in the morning, clean my closets, fight right, read Aristotle, and generally have more fun / Rubin, Gretchen -- Harper Perennial, 2009.

In this lively and compelling account, Rubin chronicles her adventures during the twelve months she spent test-driving the wisdom of the ages, current scientific research, and lessons from popular culture about how to be happier. Among other things, she found that novelty and challenge are powerful sources of happiness; that money can help buy happiness, when spent wisely; that outer order contributes to inner calm; and that the very smallest of changes can make the biggest difference.

FAM BJ 1533.2 .R73 2009

Heaven is for real: a little boy's astounding story of his trip to heaven and back / Burpo, Todd; Vincent, Lynn. -- Nashville, TN: Thomas Nelson, 2010.

When Colton Burpo made it through an emergency appendectomy, his family was overjoyed at his miraculous survival. What they weren't expecting, though, was the story that emerged in the months that followed—a story as beautiful as it was extraordinary, detailing their little boy's trip to heaven and back.

FAM BJ 1661 .B87 2010

I can do that: a book about confidence / Gutelle, Andrew. -- Alexandria, VA: Time-Life, 1996.

Loonette fears that she can't do anything right until Molly reminds her of a special talent that is all her own. Appropriate for ages 3-6 years.

FAM BF 723 .S3 G87

The keys: open the door to true empowerment and infinite possibilities / Marek, Denise; Quirt, Sharon. -- Carlsbad, CA: Hay House, 2009.

With these keys, you're able to open the door to 'true empowerment' and 'infinite possibilities.' Denise Marek and Sharon Quirt have joined together to help you find these keys within yourself; your task is simply to use them. You'll be able to finally resolve any part of your past that is causing

current negativity around you, and better understand your life situation, enabling you to remove the barriers that once kept you from achieving your goals. You'll discover how to make positive changes and to systematically create the kind of life you've been longing for. You'll also gain a brighter outlook on your future and a renewed zest for living.
FAM BJ 1533.2 .M29 2009

Life strategies for teens / McGraw, Jay -- New York: Fireside, 2000.

This book provides teens with the Ten Laws of Life, which make the journey to adulthood an easier and more fulfilling trip. Whether dealing with the issues of popularity, peer pressure, ambition, or ambivalence, this guide will help teenagers not only stay afloat, but to thrive during these pivotal years. Whether you are a teen looking for a little help, or a parent or grandparent wanting to provide guidance, this book tackles the challenges of adolescence like no other.
FAM BJ 1661 .M36

Living the seven habits: stories of courage and inspiration / Covey, Stephen R -- New York: Simon & Schuster, 1999.

By showing how real people have used seven universal, timeless, self-evident principles to thrive in a changing world, he provides practical guidance and powerful inspiration to readers searching for a proven framework for living a meaningful life.
FAM BJ 1581.2 .C668

Making every day count: daily readings for young people on solving problems, setting goals and feeling good about yourself / Espeland, Pamela -- Minneapolis: Free Spirit Publishing, 1998.

This book focus is on problem solving, goal setting and helping people feel good about themselves. Each entry includes a thought-provoking quotation, a brief essay and a positive "I" statement that relates the entry to the reader's life. Some entries are serious; some are humorous; some offer step-by-step advice. All respect kids' needs and feelings, and address their concerns with a focus on emotional health and well-being.
FAM BJ 1661 .E76

Making the most of today: daily readings for young people on self-awareness, creativity, and self-esteem / Espeland, Pamela -- Minneapolis: Free Spirit Publishing, 1998.

The first book of daily readings for kids guides young people through a whole year of positive thinking and practical life-skills.
FAM BJ 1661 .E86

Meditations for women who do too much / Schaef, Anne Wilson. -- San Francisco: HarperSanFrancisco, 2004.

This book speaks directly to the hearts and minds of the millions of women who do too much of everything: work, worry, organize, and take care of everyone in their lives, except themselves.
FAM BJ 1651 .S35 2004

Mindmasters: outils permettant d'aider les enfants a developper des habiletés pour vivre positivement / Orlick, Terry. -- Open Doors for Lanark Children and Youth.

Mindmaster est un programme éducatif fondé sur des recherches scientifiques qui initie les enfants à des techniques simples et concrètes pour les aider à gérer leurs stress et leurs frustrations, à se détendre complètement et à développer une perception positive de la vie. Les activités de ce programme sont aussi accessibles aux parents pour des activités familiales.
<http://www.cyhneo.ca/#/fr-mindmasters/c14g3>
FAM BJ 1631 .O7414

Mindmasters: tools for helping children master positive-living skills / Orlick, Terry. -- Open Doors for Lanark Children and Youth.

Mindmasters is an educational program based on scientific research that introduces children to simple and practical techniques to help them manage their stress and frustration, to relax completely and to develop a positive outlook on life. The activities of this program are also available to parents for family activities. <http://www.cyhneo.ca/#!/mindmasters/c1cq0>
FAM BJ 1631 .O74

The passion test: the effortless path to discovering your destiny / Attwood, Janet Bray; Attwood, Chris. -- New York: Hudson Street Press, 2007.

Describes how to narrow down one's priorities to five passions and pursue them, in a self-help guide that provides three principles, seven steps, and interviews that offer examples of living life with passion.
FAM BJ 1581.2 .A66 2007

The power / Byrne, Rhonda. -- New York: Atria Books, 2010.

In this book you will come to understand that all it takes is just one thing to change your relationships, money, health, happiness, career, and your entire life. Every discovery, invention, and human creation comes from The Power. Perfect health, incredible relationships, a career you love, a life filled with happiness, and the money you need to be, do, and have everything you want, all come from The Power.
FAM BJ 1533.2 .B87 2010

Reflections of a peacemaker: a portrait through heartsongs / Stepanek, Mattie J. T. -- Kansas City, MO: Andrews McMeel Pub., 2005.

This is the final collection of Heartsongs that Mattie Stepanek was working on when he died. Culled from the thousands of poems, essays, and journal entries Mattie left behind, the entries in Reflections of a Peacemaker create a portrait of Mattie in his own words. In these poems he explores disability, despair, and death but also the gifts he finds in nature, prayer, peace, and his belief in something "bigger and better than the here and now."
FAM BJ 1581.2 .S75 2005

The shift: taking your life from ambition to meaning / Dyer, Wayne W. -- Carlsbad, CA: Hay House, 2010.

Illustrates how a shift from ambition to meaning eliminates feelings of separateness, illuminates spiritual connectedness, and involves moving from an ego-directed life into a life where everything is influenced by purpose.
FAM BF 723 .I642 .D88 2010

Soul to soul meditations: daily reflections for spiritual growth / Zukav, Gary. -- New York: Soul Friend LLC, 2008.

With Soul to Soul Meditations, Zukav provides 365 inspirational excerpts, one for each day of the year, with each page offering penetrating spiritual and psychological insights for reflection and enrichment. These meditations serve as passageways through which soul-to-soul communications can enter your life and transform it.
FAM BJ 1661 .Z965 2008

Teen sunshine reflections: words for the heart and soul / Cotner, June -- New York: HarperCollins, 2002.

Believing that wisdom is found in many faiths, and that young adults are often looking for fresh ways to connect with God, best-selling anthologist June Cotner has worked closely with teen



reviewers to fill these pages with over 150 thoughts, poems, and prayers that will help you through the tough times, encourage you through challenges, and inspire you to achieve your goals.
FAM BJ 1661 .T44

Us: transforming ourselves and the relationships that matter most / Oz, Lisa. -- New York: Free Press, 2010.

This book evaluates the role of positive relationships in maintaining health, citing the negative habits that interfere with rewarding relationships while offering holistic solutions to promoting positive social and spiritual interactions.

FAM BF 723 .I642 .O95 2010

What about the big stuff?: finding strength and moving forward when the stakes are high / Carlson, Richard -- New York: Hyperion, 2002.

This book will give you the tools to help you cope with some of the larger issues in life, such as: overcoming anxiety, becoming a healing force, experiencing calm resolve, retirement, listening to your world, letting go of the past, and finding life after death.

FAM BJ 1581.2 .C38

The wise child: a spiritual guide to nurturing your child's intuition / Choquette, Sonia -- New York: Three Rivers Press, 1999.

This book provides guidance to parents on how to foster their children's innate intuition and creativity using spiritual principles, modern-day parables and practical exercises.

FAM BJ 1278 .S5 C48

The wise heart: a guide to the universal teachings of Buddhist psychology / Kornfield, Jack. -- New York: Bantam Books, 2008.

This book offers the most accessible, comprehensive, and illuminating guide to Buddhist psychology ever published in the West. For meditators and mental health professionals, Buddhists and non-Buddhists alike, here is a vision of radiant human dignity, a journey to the highest expression of human possibility—and a practical path for realizing it in our own lives.

FAM BJ 1581 .K76 2008

You can be happy no matter what / Carlson, Richard -- Novato, CA: New World Library, 1997.

The author discusses five principles - Thought, Moods, Separate Realities, Feelings, and the Present Moment - to help us discover a new way of living that doesn't repress natural emotions. This guide will gently guide readers through life's challenges and restores the joy of living.

FAM BJ 1581.2 C375

Apps

Daily Inspiration & Quotes

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- Last updated Dec 2011
- From Google Play: Daily Inspiration & Quotes gives you FREE daily inspirational quotes along with a motivational message to uplift and motivate you. Share this with others who may need a lift or a word of encouragement. Each day you will be notified of the arrival of a new inspirational message.
- Available from [Google Play](#)

Inspiring Quotes

- From Waikiki Sky

- English
- Free with in-app purchases
- Last updated July 2013
- From Google Play: Need more motivation? Want more success? This app gives you many wise quotes on success, perseverance, courage, inspiration & hope. These motivational quotes will surely inspire you and give you the wisdom to live a satisfying and successful life. Think of this FREE app as a self-esteem builder that can help you gain wisdom and better emotions daily.
- Available from [Google Play](#) and [iTunes](#)

Mindfulness – Everyday Guided Mediations

- From Mindvalley Creations Inc.
- English
- Free with in-app purchases
- Last updated May 2014
- From iTunes: Use this app to quiet the chatter, in your brain and to achieve clarity
- Available from [iTunes](#)

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