BIBLIOGRAPHY for BUILDING SELF-REGULATION

Articles


Hyman, M. (2016) *Eat fat, get thin: Why the fat we eat is the key to sustained weight loss and vibrant health*. New York: Little, Brown and Company


**Books**


Hari, J. (2015). *Chasing the scream: The first and last days of the war on drugs*. New York: Bloomsbury


Chapel Hill, NC: Algonquin Books of Chapel Hill.

Websites
- autismtreatmentcenter.org - home of Son-Rise, a respectful, parent & child oriented play-based treatment approach
- carolgraysocialstories.com – source for courses & information on social stories
- clarissapinkolaestes.com - source for storytelling and books about archetypes
- ellynsatterinstitute.org - information and research on the Division of Responsibility in feeding.
- flylady.net – how to get your house clean in 15 minutes/day – perfect for adults with ADHD
- icdl.com – Interdisciplinary Council on Developmental & Learning Disabilities – the DIR/Floortime website.
- moho.uic.edu/assess/scope.html - Model of Human Occupation Clearinghouse - source for assessments and other MOHO materials.
- myss.com - source for information about archetypes, sacred contracts and spiritual anatomy
- positivepsychology.org - information about Positive Psychology
- russellbarkley.org - website for Russell Barley, PhD - source of many articles on ADHD
- savingdinner.com – weekly menus with grocery lists – has a “Paleo” gluten/dairy free option
- sensory-processing-disorder.com - more information about sensory processing issues and
treatment options

spdfoundation.net - more information about sensory processing issues and treatment options

stanleygreenspan.com - source for studying Floortime approach online.

stephencowanmd.com - information & contacts for Dr. Stephen Cowan

stephenporges.com - more information about the Polyvagal Theory

taoofhealing.com – resource for learning about Traditional Chinese Medicine and Qigong

tcmworld.org - resource for learning about Traditional Chinese Medicine and Qigong

thefloortimecenter.com - A Floortime center run by Dr. Greenspan's son

traditionalcookingschool.com – excellent resource for online cooking & fermentation lessons