

# South Central Region Teen Ministry

## Teen Support Resources

This handout will serve as a list of helpful books for pre-teens and teens.

If you have any questions, please contact:

Joanne Burns, CSE, LUT South Central Region Uniteen Consultant  
333 Hillandale Ave., Belen, NM 87002 512-635-0115 scuniteen@gmail.com

### Self Understanding:

Teen Self Discovery: Helping Teens Find Balance, Security & Esteem

by Doc Lew Childre

Planetary Publications

ISBN: 1-870052-36-9

The Five Love Languages of Teenagers

by Gary Chapman

Northfield Publishing

ISBN: 1-881273-39-3

### Be Your Own Person:

Stick Up for Yourself: Every Kids Guide to Personal Power and Positive Self Esteem

by Gershen Kaufman, PH. D. and Lev Raphael, Ph. D.

free spirit Publishing

ISBN: 0-915793-17-2

Teen Esteem: A Self Direction manual for Young Adults

by Dr. Pat Palmer with Melissa Alberti Froehner

Impact Publishers

ISBN: 0-915166-66-6

### Personal Success:

Seven Habits of Highly Successful Teens: The Ultimate Teenage Success Guide

by Sean Covey

Simon & Schuster

ISBN: 0-684-85609-3

Nine Steps to Success: Teens Can make It Happen

by Steadman Graham

Simon & Schuster

ISBN: 0-684-87082-7

Regardless of what you were taught to believe: There is Nothing Wrong with You for Teens

by Cheri Huber

Keep It Simple Books

ISBN: 0-9636255-9-4

### Dealing With Parents:

Bringing Up Parents: The Teenager's Handbook

by Alex J. Packer, Ph. D.

free spirit Publishing

ISBN: 0-915793-48-2

Teenage Survival Manual

by H. Samm Coombs

Discovery Books

ISBN: 0-925258-08-3