

**South Central Region Teen Ministry**  
**Spiritual Parenting**

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

If you have any questions, please contact:

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**Practicing Spirituality in Parenting:**

The Seven Spiritual Laws for Parenting: Guiding Your Children to Success & Fulfillment

by Deepak Chopra

Harmony Books

ISBN: 0-609-60077-X

Raising Emotionally Intelligent Teenagers

by Maurice J. Elias, Ph. D., Steven E. Tobias, Psy. D., & Brian S. Friedlander, Ph. D

Three Rivers Press

ISBN: 0-609-80525-8

**Parents Daily Meditations:**

The Parenting Companion: Meditations & Exercises for Giving the Love That Heals

by Harville Hendrix, Ph. D and Helen Hunt, M.A., M.L.A.

Pocket Books

ISBN: 0-671-86885-3