



Reading is all about learning.



EMBRACING
ANOTHER NORMAL

Kris recommends the following books:

RISING STRONG

BY: BRENE BROWN

THE CHOICE

BY: EDITH EGER

BORN EXTRAORDINARY

BY: MEG ZUCKER

**THE COMPLETE GUIDE TO CREATING
A SPECIAL NEEDS LIFE PLAN**

BY: HAL WRIGHT, CFP

**MARRIED WITH SPECIAL NEEDS
CHILDREN** BY: LAURA MARSHAK AND FRAN
POLLOCK PREZANT

I COULDN'T HAVE SAID IT BETTER MYSELF:

Kirkus Reviews on RISING STRONG: For nearly 15 years, Brown (Social Work/Univ. of Houston) has researched human behavior and advised people to dare to do great things. Inevitably, however, there are moments when we try and fail. Here, the author gives readers the necessary tools to get up and try again... "The rising strong process can lead to deep, tumultuous, groundbreaking, no-turning-back transformation," writes the author. "The process may be a series of incremental changes, but when the process becomes a practice—a way of engaging with the world—there's no doubt it ignites revolutionary change.

Reader review of THE CHOICE: This book Dr. Edith Eva Eger carries a critical message for us. We cannot change that happened, what we may have done, or what was done to us, but we can choose how we live now. She shares that the biggest prison is in our minds, and we already hold the key to it in our pockets. It is the willingness to take total responsibility for our lives, release ourselves from judgement, and love ourselves for who we are – human, imperfect, and whole.

Goodreads on BORN EXTRAORDINARY: Helps parents of children with differences and disabilities to relinquish their instinctive anxieties, embrace their new normal and ultimately find joy and watching their children thrive. Often the subjects of unwanted attention—ranging from pitying stares to bullying. Zucker and her sons have learned to ignore what others think and live fearlessly. Also incorporating the stories of other families with visible and invisible differences of all kinds. BORN EXTRAORDINARY gives parents the tools to meet their children's emotional needs while supporting the whole family unit.

The National Down Syndrome Congress on Hal Wright's guide: Finally someone has created a much-needed resource to help families, caregivers, and anyone else navigate the maze of special needs planning. This book is an invaluable resource in showing how to create a person-centered life plan that focuses on an individual's abilities, not his or her ability. Hal Wright has done the nearly impossible and created the comprehensive guidebook that crosses several disciplines to build a roadmap for special needs life planning. I particularly like the practical checklists that follow every section making the process of life planning achievable for everyone regardless of resources or family situation.

Amazon.com on MARRIED WITH SPECIAL-NEEDS CHILDREN: Looks at the ways in which having a child with special needs can make it more difficult for a marriage to thrive and how a child's intensive needs can change the structure of a marriage... For parents looking for ways to strengthen their marriage, prevent future strife, or resolve or move on from significant relationship difficulties, this offers guidance and expertise for taking the next step.