

Pathstone Picks: Stories That Support Well-Being

Books have a quiet kind of magic. They slow the world down, invite us to breathe a little deeper, and help us make sense of big feelings in safe and meaningful ways. Our **Pathstone Picks** collection is thoughtfully curated to support mental wellness at every age and stage, from curious toddlers to growing teens, and the parents and caregivers who walk alongside them.

Whether it's a picture book that helps little ones name their emotions, a chapter book that builds empathy and resilience, or a guide that offers reassurance and practical tools for caregivers, there's something here for everyone. Many titles are also available in French and/or Spanish, helping more families connect with stories in the language that feels like home.

Reading together is more than just a routine. It's a moment of connection. It strengthens bonds, opens conversations, and creates a shared space where kids and adults alike can feel seen, heard, and understood. Even a few minutes a day can nurture emotional well-being, spark imagination, and remind us that we're never alone in what we're feeling.


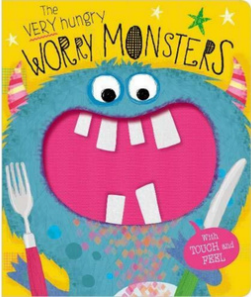
So cozy up, turn the page, and let these stories do what they do best: comfort, connect, and inspire.





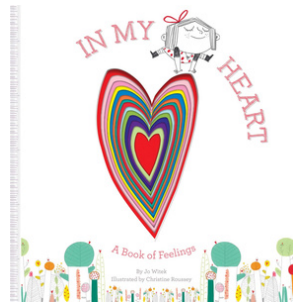
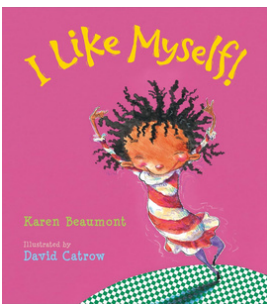
Age 0-4

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>The Feelings Book</p> 	Todd Parr	Identifying Emotions	Get it HERE	Spanish Get it HERE
<p>Baby Happy Baby Sad</p> 	Leslie Patricelli	Basic Emotions	Get it HERE	Spanish Get it HERE
<p>Calm Down Time</p> 	Elizabeth Verdick	Self-Regulation	Get it HERE	Spanish Get it HERE
<p>B is for Breathe</p> 	Melissa Munro Boyd	Coping Skills	Get it HERE	



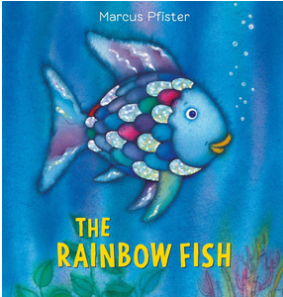
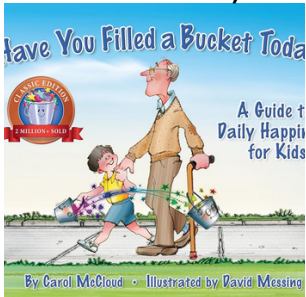
Age 0-4

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>It's Okay to be Different</p> 	Todd Parr	Acceptance	Get it HERE	French Get it HERE
<p>The Very Hungry Worry Monster</p> 	Rosie Greening	Anxiety & Worry	Get it HERE	

Age 4-7

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>Happy Right Now</p> 	Julie Berry	Emotions	Get it HERE	
<p>The Big Worry Day</p> 	A.K. Reynolds	Anxiety & Worry	Get it HERE	
<p>In My Heart</p> 	Jo Witek	Exploring Emotions	Get it HERE	
<p>I Like Myself</p> 	Karen Beaumont	Self-Esteem	Get it HERE	French Get it HERE



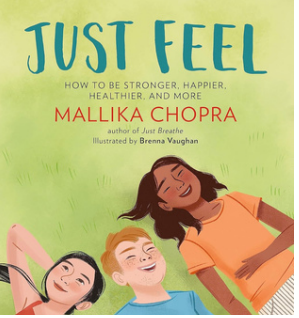
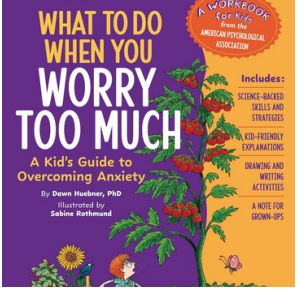
Age 4-7

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>The Boy with Big, Big, Feelings</p> 	Britney Winn Lee	Emotions	Get it HERE	
<p>The Invisible String</p> 	Patrice Karst	Separation Anxiety	Get it HERE	
<p>The Rainbow Fish</p> 	Marcus Pfister	Friendship & Happiness	Get it HERE	
<p>Have You Filled a Bucket Today?</p> 	Carol McCloud	Kindness	Get it HERE	French Get it HERE

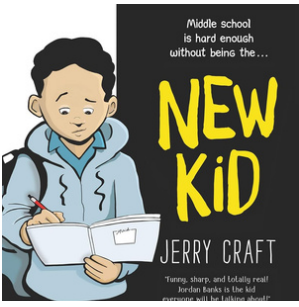
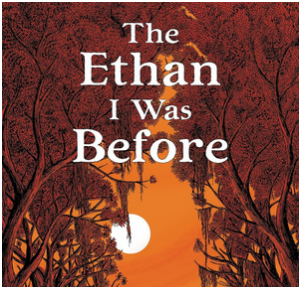

Age 4-7

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>When We Are Kind</p>  <p>When We Are Kind</p> <p>MONIQUE GRAY SMITH ILLUSTRATED BY NICOLE WEIDHARDT</p>	<p>Monique Gray Smith</p>	<p>Kindness & Exploring Feelings</p>	<p>Get it HERE</p>	
<p>We're All Wonders</p>  <p>WE'RE ALL WONDERS</p> <p>Wonderful words for kids & adults alike!</p>	<p>R.J. Palacio</p>	<p>Belonging & Friendship</p>	<p>Get it HERE</p>	

Age 8-12

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>The Sun Will Come Out</p> 	Joanne Levy	Resilience	Get it HERE	
<p>Just Breathe</p> 	Mallika Chopra	Mindfulness	Get it HERE	
<p>Just Feel</p> 	Mallika Chopra	Emotional Awareness	Get it HERE	
<p>What To Do When You Worry Too Much</p> 	Dawn Huebner	Anxiety Strategies Workbook	Get it HERE	

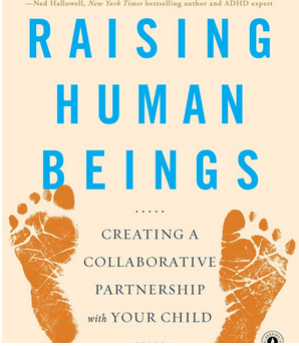
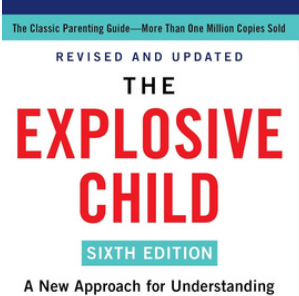
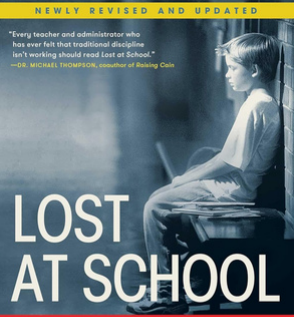
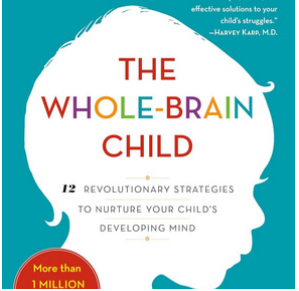
Age 13-15

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>Guts</p> 	Raina Telgemeier	Anxiety	Get it HERE	
<p>New Kid</p> 	Jerry Craft	Social Anxiety	Get it HERE	
<p>The Ethan I Was Before</p> 	Ali Standish	Grief, Guilt and Trauma	Get it HERE	
<p>Everything a Band-Aid Can't Fix</p> 	Nicole Russell	Life Challenges & Resilience	Get it HERE	

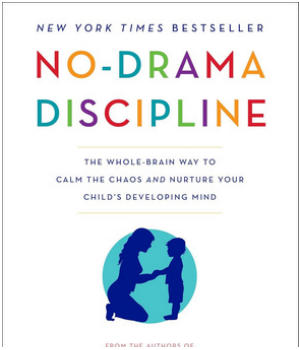
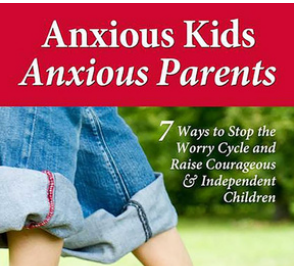
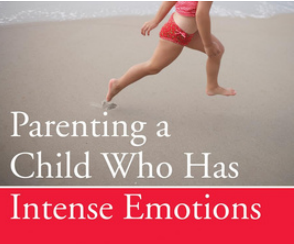
Age 16-18

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>My Anxious Mind</p> 	Michael Tomkins	CBT for Anxiety	Get it HERE	
<p>Eliza and Her Monsters</p> 	Francesca Zappia	Social Anxiety & Identity	Get it HERE	
<p>Turtles All The Way Down</p> 	John Green	OCD, Intrusive Thoughts & Anxiety	Get it HERE	
<p>Rewire Your Anxious Brain for Teens</p>  <p>Therapist Recommended</p>	Debra Kissen, Ashley D. Kendall, Michelle Lozano	Using CBT, Neuroscience & Mindfulness to help you end anxiety, panic & worry	Get it HERE	

Parents / Caregivers

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>Raising Human Beings</p> 	Ross W. Green	Everyday Parenting, Strong Relationships	Get it HERE	
<p>The Explosive Child</p> 	Ross W. Green	Support your child with ADHD, ODD, Emotional Regulation Struggles	Get it HERE	
<p>Lost at School</p> 	Ross W. Green	School Related Struggles	Get it HERE	
<p>The Whole-Brain Child</p> 	Daniel j. Siegel & Tina Payne Bryson	Brain Development & Emotional Regulation	Get it HERE	

Parents / Caregivers

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	BOOK LINK (OTHER)
<p>No-Drama Discipline</p> 	<p>Daniel j. Siegel & Tina Payne Bryson</p>	<p>Build skills instead of control based on discipline</p>	<p>Get it HERE</p>	
<p>Anxious Kids, Anxious Parents</p> 	<p>Reid Wilson & Lynn Lyons</p>	<p>Anxiety Cycles: How to stop reinforcing anxiety & build coping confidence</p>	<p>Get it HERE</p>	
<p>Parenting a Child Who Has Intense Emotions</p> 	<p>Pat Harvey & Jeanine Penzo</p>	<p>Big Reactions, Mood Swings, Emotional Dysregulation (DBT Focus)</p>	<p>Get it HERE</p>	

French Books

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	AGE
<p>Tu y arriveras...</p> 	Angeka DiTerlizzi	Growth Mindset	Get it HERE	6-8
<p>Jérémie apprend à lire</p> 	Jo Ellen Bogart	Perseverance	Get it HERE	
<p>Après la chute: Remontée de Humpty-Dumpty</p> 	Dan Santat	Overing Fears & Anxiety	Get it HERE	<u>3-5</u>
<p>Bonne chance petite rubis</p> 	Shirin Yum Bridges	Gender Quality & Perseverance	Get it HERE	Teen & Young Adult

French Books

TITLE	AUTHOR	FOCUS	BOOK LINK (ENGLISH)	AGE
<p>La couleur des émotions - l'album</p> 	Anna Llenas	Emotions	Get it HERE	3-5
<p>Les hauts et les bas d'Amanda</p> 	Ashley Spires	Perseverance, Growth Mindset, Courage, Trying Something New	Get it HERE	3-5
<p>Avec Un Grain D'Amitie</p> 	Kadir Nelson	Friendship & Kindness	Get it HERE	0-4
<p>L'Arbre Generaux</p> 	Shel Silverstein	Love, Giving, Attachment	Get it HERE	Teen & Young Adult