

## **“With So Many Books, Where Do I Start?”**

Recommended Reading On Giftedness

by Terry Bradley

I am often asked by both parents and educators, “There are so many books on gifted, where should I start?” Search “books on gifted” on Amazon and you’ll get over 10,000 results. If you’re looking for a good entry point regarding giftedness, these three books always surface to the top of my list.

### **A Parent’s Guide to Gifted Children**

Why you should read it: If you are the parent of a gifted child, you owe it to yourself and to your child to become well acquainted with the characteristics of giftedness, as well as other critical realizations to be aware of as you nurture your child. In this book you’ll learn strategies such as effective communication, promoting sibling synergy, implementing useful discipline techniques, how to support your child finding peers, and tips to manage stress and anxiety.

Raising children, in general, is quite challenging. Raising a gifted child can be more challenging, and raising a twice exceptional child adds even more challenge.

A Parent’s Guide to Gifted Children provides the knowledge and vocabulary necessary to allow a parent to feel qualified enough to adequately advocate for their child in school and social situations.

The precursor to this book, *Guiding The Gifted Child*, was THE handbook regarding parenting gifted kids. It was the book that set me, as the mother of a young gifted child, on my own personal path in the 1990’s. I felt affirmation as I was reading it. Finally, someone understood what it was like to be in my situation.

The same lead author of *Guiding the Gifted Child*, Jim Webb, was the lead author of *A Parent’s Guide to Gifted Children*. It’s a good update of the original classic. Included in the book are chapters on raising twice exceptional children, how to find a school that is the best fit for your child, and how to go about finding professional help, if needed.

*A Parent’s Guide to Gifted Children*

by James T. Webb, Janet L. Gore, Edward R. Amend, Arlene R. DeVries

### **Living With Intensity**

Why you should read it: This book is a gem! It helps us unpack and honor the emotional components of intensity, and offers strategies on managing and living with it. I greatly appreciate the fact that the chapters are written by a variety of different authors who are all highly respected and credible in the field. Their diverse perspectives combine to give us a multi-faceted view of intensity, with all its wondrous and challenging aspects.

There are hundreds of words that are used to describe the assorted characteristics of giftedness because there is so much diversity in the gifted population. There is not a single profile, or cookie-cutter depiction, of giftedness. Jim Webb, respected author and gifted child psychologist, says that of all these numerous words used to describe giftedness, the one trait that ALL gifted individuals have in common is INTENSITY.

Think about gifted children and adults that you know. I am certain that you would agree that they are either inwardly or outwardly intense. *Living With Intensity* is spot on in explaining what is going on that is causing this intensity. It also shows us how the intensity manifests itself. Starting with explanations about Dabrowski's "Theory of Positive Disintegration and Overexcitabilities", we are guided through chapters on how to better understand this intensity, various counseling and clinical applications, why perfectionism is common among the gifted, and how giftedness and intensity are exhibited over the lifespan. "Gifted individuals not only think differently, they feel differently too," said Linda Silverman.

*Living With Intensity: Understanding the Sensitivity, Excitability, and the Emotional Development of Gifted Children, Adolescents, and Adults*  
edited by Susan Daniels, Michael M. Piechowski

### **101 Success Secrets For Gifted Kids**

Why I would recommend it: I think that most people who work in the field of gifted, or who are raising gifted kids, appreciate knowing about books that offer topics that can be used for meaningful conversation starters.

This book can be viewed as a self-help manual for kids themselves, it can be viewed as a resource with which educators can get ideas for GT discussion groups, and it can be used as a helpful aid with which parents can discover relevant topics to chat about with their children.

It is very adaptable, and is generally written for gifted kids aged 8-12. However, I use the 101 success secrets Fonseca lists as a jumping off point for conversations with my high school students. Sometimes less is more, and each point is covered in a page or two. What is valuable is the conversation that results with the kids, so that they can "own" the topics and make it relevant to their lives, whether they're in elementary, middle, or high school.

101 Success Secrets For Gifted Kids  
by Christine Fonseca

continued...

## **Recommended Books About The Social and Emotional Lives Of The Gifted**

- Daniels, S. & Piechowski, M. (2009). *Living With Intensity*. Great Potential Press.
- Delisle, J. (2018). *Doing Poorly On Purpose: Strategies to Reverse Underachievement and Respect Student Dignity*. ASCD Free Spirit.
- Delisle, J. & Galbraith, J. (2015). *When Gifted Kids Don't Have All The Answers*. Free Spirit.
- Fonseca, C. (2011). *101 Success Secrets for Gifted Kids*. Prufrock Press.
- Fonseca, C. (2015). *Emotional Intensity in Gifted Kids: Helping Kids Cope With Explosive Feelings*. Prufrock Press.
- Galbraith, J. (2013). *The Gifted Kids Survival Guide For Ages 10 & Under*. Free Spirit.
- Galbraith, J., & Delisle, J. (2011). *The Gifted Teen Survival Guide: Smart, Sharp, and Ready for (Almost) Everything*. Free Spirit.
- Gatto-Walden, P. (2016). *Embracing The Whole Gifted Self*. Royal Fireworks Press.
- Hipp, E., (2012). *Fighting Invisible Tigers. Stress Management For Teens*. Free Spirit.
- Peters, D. (2013). *Make Your Worrier A Warrior: A Guide to Conquering Your Child's Fears*. GPP.
- Peterson, Jean Sunde (2007). *The Essential Guide To Talking With Gifted Teens*: Free Spirit.
- Rivero, L. (2010). *A Parent's Guide to Gifted Teens: Living w/ Intense and Creative Adolescents*. GPP
- Rivero, L. (2010) *The Smart Teens' Guide to Living With Intensity*. Great Potential Press.
- Silverman, L. (2013). *Giftedness 101*. Springer Publishing Company.
- Strip, C. & Hirsh, G. & Ault, J. (2011). *Helping Gifted Children Soar*. Gifted Psychology Press, Inc.
- Van Gemert, L. (2017) *Perfectionism: A Practical Guide to Managing "Never Good Enough."* Great Potential Press.
- Webb, J. (2013). *Searching for Meaning: Idealism, Bright Minds, Disillusionment, and Hope*.
- Webb, J. et al. (2005). *Misdiagnosis and Dual Diagnoses of Gifted Children and Adults*. GPP.
- Webb, J. et. al. (2007). *A Parent's Guide to Gifted Children*. Great Potential Press.
- Whitney, C. Strip (2007). *A Love For Learning: Motivation and the Gifted Child*. GPP.

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