

## Recommended Reading list – Lesson 5



### Books

- The Cortisol Connection, Dr. Shawn M. Talbott, PhD.  
<http://perpus.univpancasila.ac.id/repository/EBUPT181112.pdf>
- Building Resilience in Children and Teens: Giving Kids Roots and Wings \ Kenneth R. Ginsburg MD MEd FAAP



### Articles

- Balancing Paid Work and Caregiving Responsibilities: A Closer Look at Family Caregivers in Canada.  
[https://www.caregiversns.org/images/uploads/all/working\\_caregivers\\_EN.pdf](https://www.caregiversns.org/images/uploads/all/working_caregivers_EN.pdf)
- Physical and Mental Health Effects on Family Caregiving.  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2791523/>

Training

Consulting

Professional Development