

Sterk naar School

Voor veerkracht en zelfvertrouwen



Meer lezen / Bronnen

Boeken en Artikelen die ik heb gebruikt voor mijn lezingen:

- Albert D, Chein J, Steinberg L. Peer.,** *Influences on Adolescent Decision Making*, Curr Dir Psychol Sci. 2013
- Albrecht, Karl.** *Practical Intelligence: the Art and Science of Common Sense*, New York: Wiley, 2007
- Amen, D. G.,** *Change your Brain, Change your Grades*, Benbella books inc, Dallas, 2019
- Bril, Geert,** *Leren Zonder Moeite*, Sterk en De Vreeze, 2019
- Blakemore, S,** *Het geheime leven van het Tienerbrein*, Uitgeverij Nieuwezijds Amsterdam, 2017
- Bock, K.,** *Brain Inflamed*, Uncovering the Hidden Causes of Anxiety, Depression and Other Mood Disorders in Adolescents and Teens, Piatkus, London, 2021
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- Ciranka S and van den Bos W,** Social Influence in Adolescent Decision-Making: A Formal Framework. *Front. Psychol.* 2019
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- Damour, Lisa,** *The Emotional Lives of Teenagers*, Raising Connected, Capable, and Compassionate Adolescents, Ballantine Books inc., New York 2023
- De-Sola, J., Rodríguez de Fonseca, F., Rubio, G.,** *Cellphone addiction, a review*, Frontiers in psychiatry 7, 175, 2016
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- Covey, S. R.,** *The Seven Habits of Highly Effective People*, Simon and Schuster, New York, 2013
- Dweck, Carol,** *Mindset*, Random House NY, 2017
- Ferwerda, Bert & Klanker, D.J.,** *De studie Ninja; Haal de cijfers die je wilt*, Satorie, 2012
- Harper, Faith,** *Unfuck Your Brain*, MicroCosm Publishing, 2017
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- Mlodinow, L.,** *Emotional*, The New Thinking about Feeling, Penguin Random House, UK 2022
- Koenderink, T.,** *De 7 Uitdagingen in het onderwijs aan Cognitief Getalenteerde Kinderen*, Novilo, Venlo 2012
- Orian, G.,** *Snakes, Sunrises, and Shakespeare, How Evolution Shapes Our Loves and Fears*, University of Chicago Press, London, 2014
- Perry, P,** *Het Boek Waarvan je wilde dat je ouders het hadden gelezen*, Mulder, Uitgeverij Balans,

Amsterdam 2020

Schreuder, Bibi, *Ik ben een kind, dus ik voel waar mijn ouders zijn*, Uitgeverij Het Noorderlicht, Nijmegen 2020

Stein van, Els, *De Fontijn*, vind je plek, Uitgeverij Het Noorderlicht, Nijmegen 2016

Stichel, Stefan van der, *Grip op je Aandacht*, Maven Publishing BV, Amsterdam, 2020

Timmerman, K., *Lees eerst de vraag*, Lannoo Campus, Leuven, 2018

Tompkins, M. & Barkin, J., *Stres Minder, Ontspan Meer*, Hogreve Uitgevers, Amsterdam, 2019

Webb, J. T., *De Begeleiding van Hoogbegaafde Kinderen*, Van Gorcum, Assen 2013

White, A. & Swartzwelder, S., *De Bovenkamer van de Puber*, BBNC Uitgevers Amesfoort, 2013

Wolynn, Mark, *It didn't Start with You*, How inherited family trauma shapes who we are and how to end the cycle, Penguin Books, New York 2017

Websites die ik heb gebruikt voor mijn lezingen:

<https://www.psychologytoday.com/us/blog/brainsnacks/201203/the-only-5-fears-we-all-share>

<https://www.simplypsychology.org/maslow.html#gsc.tab=0>

<https://PlatformMindset.nl>

https://www.ted.com/talks/amy_cuddy_your_body_language_may_shape_who_you_are?language=en

<https://elc.polyu.edu.hk/inscribe/wp-content/uploads/2017/11/i3Humanity's-Primal-Fears-Interpreting-The-Fly.pdf>

<https://www.psychalive.org/cell-phone-addiction/>

<https://www.google.nl/amp/s/www.health.com/condition/anxiety/cell-phone-addiction%3famp=true>

<https://www.sciencedirect.com/science/article/pii/S1878929315300438>

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<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC6034960/>

<https://www.google.nl/amp/s/bypass.theweek.com/articles-amp/688639/5-sciencebacked-ways-break-phone-addiction>

<https://www.becomingminimalist.com/break-your-cell-phone-habit/>

<https://www.ninds.nih.gov/health-information/public-education/brain-basics/brain-basics-know-your-brain>

<https://www.therapyhub.eu/the-addictive-nature-of-mobile-apps-a-dip-into-psychological-research/>

TIPS zijn altijd welkom!!! Mail naar: femke@sterknaarschool.nl

<https://www.neurologylive.com/view/teenage-circadian-rhythm>