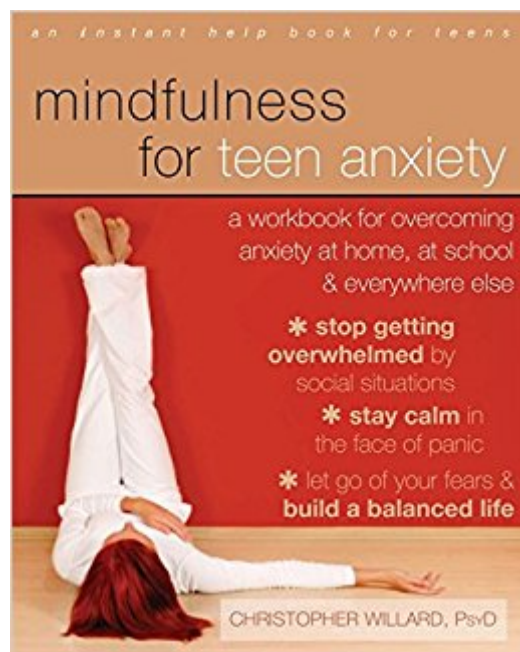




The book was found

Mindfulness For Teen Anxiety: A Workbook For Overcoming Anxiety At Home, At School, And Everywhere Else (An Instant Help Book For Teens)



Synopsis

Being a teen is hard enough without anxiety getting in the way. You are changing more than ever before, not just physically, but mentally. And if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety—and your life! In *Mindfulness for Teen Anxiety*, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends. You'll learn tips for dealing with specific situations that cause anxiety, such as public speaking, social anxiety, test anxiety, and more. You'll also learn special breathing exercises to help calm you in moments of panic, and guided visualization exercises to help you stay cool and collected, even in the tensest situations. If you are ready to move past your anxiety, panic, and worry and start living the life you were meant to live, this book will be your guide—every step of the way.

Book Information

Series: An Instant Help Book for Teens

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Customer Reviews

If, like all teens, you sometimes feel anxious, or if, like many teens, you suffer from intense anxiety, reading a few pages in this book will help you feel calmer. Every chapter is like a reassuring talk with a good friend. This book gives you real, practical, simple skills for easing anxiety, being more relaxed and kinder to yourself, and ultimately living a happier life. —Amy

Saltzman, MD, author of *A Still Quiet Place: Mindfulness for Teen Anxiety* provides powerful and practical tools for teens facing everyday challenges in social, academic, or sports settings. The practices and insights are useful for all teens—and adults too! I highly recommend this book.

—Jessica Morey, executive director and lead teacher at Inward Bound Mindfulness Education, a national nonprofit that leads mindfulness retreats and school programs for teenagers across the country

Christopher Willard, PsyD, is a psychologist and learning specialist in the Boston area who specializes in working with adolescents and young adults in his private practice at Tufts University. He regularly consults schools, clinics, and other institutions, and teaches workshops across the US and around the world. His website can be found at drchristopherwillard.com.

Our small group worked through this book together, meeting weekly at some fun restaurant to discuss the book. The book provided a language to think about and discuss our destructive mental processes. It was helpful for all of us, most especially for my teenage daughter struggling with anxiety.

This helped my 14y.o. son understand that this is normal. It helped us as a family talk about how we all deal with stress and anxiety. My son uses it often to reference back on how to deal with different situations he faces with school, church, family, friends.

Useful tool for counseling office! Love this line of books as they are super easy to use in a hurry and in long term thought out situations!!

This is a must have book for teens and anyone who works with teens. It's easy to understand and has great writing prompts.

My teen daughter loves this book. She has depression and anxiety and writes in the book when she feels she can't talk to us.

this book will open your eyes to what anxiety is and I like that you can do activities in it

hope it helps

I have used it to give several of my adolescent clients homework and they have told me it has helped them to better understand issues they are dealing with. I have even had some of them return the assignments, I even have trouble with the adults doing that. LOL. A good exercise book for teens. Not like some I have purchased that were an insult to being labeled as "teen" books.

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CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Mindfulness: Mindfulness for Beginners: How to Live in The Present, Stress and Anxiety Free (FREE Bonus Gift Included) (Mindfulness, Meditation, Buddhism, Zen) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The Chemistry of Joy Workbook: Overcoming Depression Using the Best of Brain Science, Nutrition, and the Psychology of Mindfulness (A New Harbinger Self-Help Workbook)

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