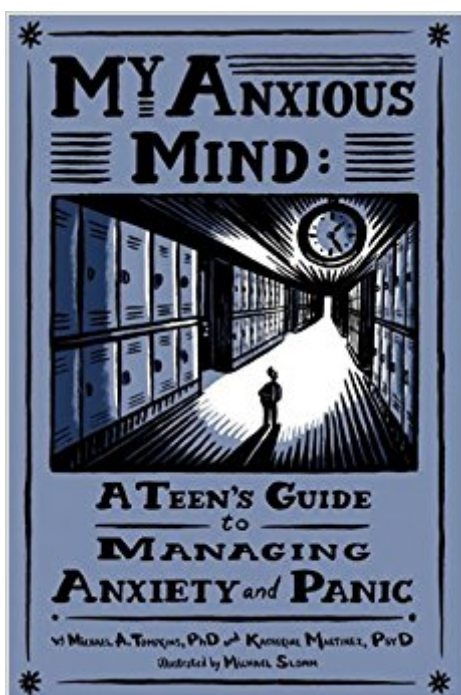


The book was found

# My Anxious Mind: A Teen's Guide To Managing Anxiety And Panic



## Synopsis

'My Anxious Mind' outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is full of simple-to-use tools and strategies that easily fit into any teen's busy routine.

## Book Information

Paperback: 196 pages

Publisher: Magination Pr; 1 edition (July 15, 2009)

Language: English

ISBN-10: 1433804506

ISBN-13: 978-1433804502

Product Dimensions: 0.5 x 5.5 x 9 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 69 customer reviews

Best Sellers Rank: #20,043 in Books (See Top 100 in Books) #10 in Books > Teens > Education & Reference > Social Science > Psychology #48 in Books > Teens > Social Issues #265 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

Age Range: 12 - 18 years

Grade Level: 7 and up

## Customer Reviews

Speaking directly to teens, the authors walk readers through recognizing anxiety and its effects, both physical and mental, then deliver recommended therapies, tools, and resources for overcoming it. First-person, "real-life" vignettes are included in each chapter, which allow teens to relate to situations in a peer-to-peer fashion. This title belongs in every middle and high school library and teen resource collection. --School Library Journal Extra Helping, March 10, 2010

I just got this book and took a look through it :) I saw that in the book an activity is included to help you on the way which is amazing :) I recommend this book to teenagers going through this phase :)

Excellent book to read with an anxious teen or preteen. Very user friendly techniques for parents and kids to use when trouble arises.

This is a very helpful book for teens, and even some adults, who struggle with anxiety. The authors' tone throughout book is respectful and caring, and it's written in a way perfect for the teen audience. I especially thought the medication chapter was full of good advice.

Book has done a great job with helping my daughter understand herself more and gives her a sense of not being alone.

This is another book that I use in my practice. It explains anxiety, has some worksheets for the reader to use, and gives coping techniques to practice. Great for use in the home or for ones practice.

Bought this for my daughter to help her manage her anxiety and I am glad I did. It has been very useful in helping her understand and work on managing her school anxiety. Gives reasons why anxiety happens and concrete examples on managing your anxious thoughts.

This is a great book for anyone who has an anxious teen or is sometimes attacked by your mind at 2 a.m. Real techniques to calm down the wheel of anxiety through breathing, focusing and releasing unrealistic expectations... helping me a lot!

Some good information. However, really needed a copy editor -- you know it is bad when your teen complains of the typos. Also, seems like it sometimes forgets that it is being written for kids who already understand the experience of anxiety and panic. They know it isn't something with an on and off switch, so it isn't necessary to tell the readers that. My teen thought it seemed to be written for the younger age range -- a bit too simple for older teens. There is some good info in here, and I'd probably get it again, but it wouldn't take that much work to turn this into a 4 or 5 star book.

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My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic  
Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways)  
Calming Your Anxious Mind: How Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic  
101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic  
Attacks  
Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry  
Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (

Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Dancing Away an  
Anxious Mind: A Memoir about Overcoming Panic Disorder The Pregnancy and Postpartum Anxiety  
Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and  
Compulsions The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from  
Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Stop  
Anxiety from Stopping You: The Breakthrough Program For Conquering Panic and Social Anxiety  
Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress  
(Mindfulness Book 2) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry,  
Shyness and Panic Attacks Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and  
Raise Courageous and Independent Children Teen to Teen: 365 Daily Devotions by Teen Girls for  
Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Free Your Mind: A  
Guide to Freedom from Anxiety, Depression, Panic Attacks and Intrusive Thoughts Panic Stations  
Guide To Statement Analysis: Are they lying to you? (Panic Stations Guide to Life the Universe and  
Everything Book 14) The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic  
Attacks (An Instant Help Book for Teens) Panic Attacks Workbook: A Guided Program for Beating  
the Panic Trick 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.

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