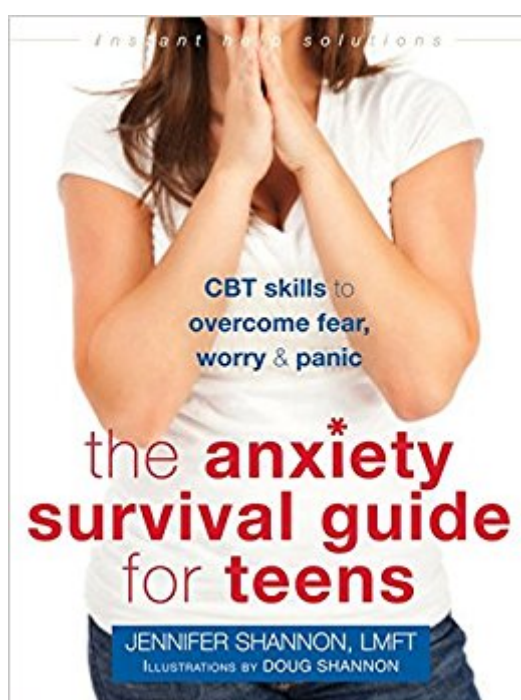


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# The Anxiety Survival Guide For Teens: CBT Skills To Overcome Fear, Worry, And Panic (The Instant Help Solutions Series)



## Synopsis

Do you have problems with anxiety? The Anxiety Survival Guide for Teens is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals. If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether—leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you? Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried. If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

## Book Information

Series: The Instant Help Solutions Series

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Health > Anxiety Disorders

## Customer Reviews

Gr 7 Up—This installment of this series of health self-help guides for teens focuses on using

cognitive-behavioral therapy to overcome anxiety. Everyone feels nervous or upset on occasion, says Shannon, but when anxiety negatively affects self-esteem and independence, additional support is needed. This easy-to-read volume helps readers recognize when the "monkey mind," or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios. VERDICT While this book isn't necessarily one that teens would self-select from the library shelves, it's a good option as a desk copy for middle and high school counselors. — Elaine Baran Black, Georgia Public Library Service, Atlanta

— "This easy-to-read volume helps readers recognize when the 'monkey mind,' or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios. — School Library Journal — "We know how to win over fearful worry. The skills take effort, but they are surprisingly simple. Now Jennifer Shannon places these tools directly into your hands. If you will act on her clever guidance, you can do more than survive, you can thrive. — Reid Wilson, PhD, coauthor of *Anxious Kids, Anxious Parents* and *Playing with Anxiety: Casey's Guide for Teens and Kids* — "With clarity and fun, *The Anxiety and Survival Guide for Teens* offers effective cognitive behavioral strategies for teens to overcome their fear, worry, and panic. This book will not only help teens survive their anxiety, but will guide them out of the fear and worry that limits their lives. I highly recommend it. — Michael A. Tompkins, PhD, author of *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* and codirector of the San Francisco Bay Area Center for Cognitive Therapy — "This is a terrific book for teens, explaining all the best that cognitive behavioral therapy, ACT, and mindfulness have to offer in terms that are engaging, fun, and easy to understand. — Teens can easily recognize themselves in this book and become empowered to overcome their anxiety. — Karen Lynn Cassiday, PhD, managing director at The Anxiety Treatment Center of Greater Chicago and clinical assistant professor at Rosalind Franklin University of Medicine and Science — "The *Anxiety Survival Guide for Teens* by Jennifer Shannon is a clear, concise, helpful guide with all the key tools to help you overcome your anxiety. Why suffer another day from anxiety when you can use these tools right now? Each chapter gives you powerful and easy-to-understand self-help tools to overcome the many difficulties that teens will face. I will recommend this to my colleagues and clients. — Robert L. Leahy, PhD, director of the American Institute for Cognitive Therapy in New York, NY, and author of *The Worry*

Cure: Seven Steps to Stop Worry from Stopping You

“All parents want to lift the burden of stress from their teen’s shoulders, but many teens don’t want to talk about it. They do, however, desperately want to feel better. In a completely clear, accessible, and engaging way, Jennifer Shannon’s Anxiety Survival Guide for Teens tells teens exactly what they need to do to help themselves do just that. The simple exercises in this book teach teens how to break free from their anxiety and see themselves and their lives in a whole new light—a more realistic one. Every teen will benefit from the strategies Ms. Shannon provides. I highly recommend this wonderful book!

• Tamar Chansky, PhD, author of Freeing Your Child from Anxiety and Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want

“Relief is on the way for anxious teens. The Anxiety Survival Guide for Teens teaches proven steps to uncover the causes and learn what to do to manage anxiety. Unlike many similar books, this guide addresses all types of anxiety with drawings and helpful stories about common situations faced by teens and young adults. Whether mildly or super anxious, complete the exercises in this book to get a grip on your anxiety.

• Christine A. Padesky, PhD, psychologist and coauthor of Mind Over Mood

“This is the first self-help book I’ve ever read where the narrator doesn’t over-romanticize the possibilities to get better soon. What a relief! In a calm, orderly manner, author Jennifer Shannon characterizes and gives specific instructions for different kinds of anxiety: shyness and social anxiety, panic and agoraphobia, specific phobias, generalized anxiety, and obsessive-compulsive disorder (OCD). The tone is just so warm and pleasant, and every teen who suffers from anxiety—but doesn’t know what kind yet—can easily recognize him or herself in the detailed and often funny examples, without being scared to death. It’s the best introduction to cognitive behavioral therapy (CBT) that I’ve ever seen, and it’s amazing that it’s written specifically for teens, because they need it so much. I wish it had existed for little teenage me.

• Peter Henrichsen, editor at Youth Culture Denmark

We looked at MANY books about teenage anxiety and settled on this one. This has helped my son tremendously. I really don’t know what we would have done without it!! If your child wants to understand their anxiety better and not feel alone in it then this is the book you need for them!

I was profoundly impressed with the way this book explains anxiety to teens. The book is helpful and applies to helping teens with various anxiety issues. Adults could benefit as well as it is written clearly with excellent skill suggestions.

This is the most comprehensive and easy to understand book on anxiety that I have ever read. I stumbled upon this book as I was trying to find help for my teen with anxiety, but realized it helped me much more. It has practical techniques for identifying and dealing with anxiety and I have recommended it to just about everyone I've talked to in the last few weeks. Thank you Jennifer Shannon for writing this book in a way we can all understand.

Bought this for a child and her response was that it is as dull as watching paint dry. My guess is that if you are making a produce for teens, you should make it engaging. I'm sure the tips and ideas are great and practical, but if you can't get them to read it, you've failed at your task.

I could not be more pleased. My daughter 15yrs didn't think it was a great idea coming from "mom" and it sat untouched for about two weeks but one day it was gone. My daughter had started reading! Later she was sitting at the breakfast bar and she started talking about the book, how it was helping her look at the world in a different way. She said that she was glad that other people were "like her enough to have a book about it". She was telling me about the book. This is not a in depth book or a solve the world's problems. Something to get the conversation going in a positive direction is awesome.

Shannon highlights the techniques of CBT which are the standard of care in promoting mental health for teens. Shannon builds on concept from stress to anxiety to depression.

Very helpful in dealing with our teenage granddaughter

Great. Easy language. Practical strategies for conquering typical teenage anxieties

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Solutions) The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear Instant Pot: 365 Days of Instant Pot Recipes (Instant Pot Cookbook, Instant Pot Slow Cooker, Instant Pot Book, Crock Pot, Instant Pot, Electric Pressure ... Vegan, Paleo, Breakfast, Lunch, Dinner) Instant Pot Cookbook: 500 Instant Pot Recipes Cookbook for Smart People (Instant Pot, Instant Pot Recipes, Instant Pot Recipes Cookbook, Instant Pot Electric Pressure Cooker Cookbook) The PTSD Survival Guide for Teens: Strategies to Overcome Trauma, Build Resilience, and Take Back Your Life (The Instant Help Solutions Series) Overcome Panic & Anxiety Guided Self Hypnosis: Deep Relaxation, Release Stress & Worry With Bonus Meditation & Affirmations - Anna Thompson Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks The Self-Compassion Workbook for Teens: Mindfulness and Compassion Skills to Overcome Self-Criticism and Embrace Who You Are (An Instant Help Book for Teens) Beyond the Blues: A Workbook to Help Teens Overcome Depression (An Instant Help Book for Teens) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic, and Worry

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