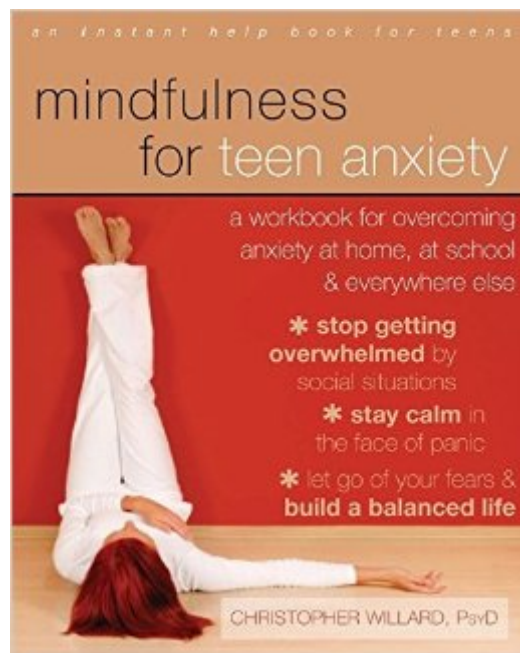


The book was found

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



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

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Best Sellers Rank: #10,104 in Books (See Top 100 in Books) #3 in Books > Teens > Personal Health > Body, Mind & Spirit #3 in Books > Teens > Personal Health > Depression & Mental Health #19 in Books > Teens > Social Issues

Customer Reviews

Dr. Willard's most recent book, *Mindfulness for Teen Anxiety*, is extremely useful in my private practice as a psychologist. I work with many young adults (and adults of all ages!) who have found the exercises in the book to be helpful in managing their anxiety and stress. I appreciate that the book offers such a blend of approaches that all fit within the larger umbrella of mindfulness: readers

learn about anxiety and mindfulness through clear and concise psycho-education sections; and then can gain tools that help them identify, challenge, and shift unhelpful thought patterns (CBT); understand the physical manifestations of anxiety and begin to ground and support themselves in their body, as well as release tension physically; understand multiple forms that anxiety can take and ways that it can manifest as anger or acting-out; identify personal strengths that support coping strategies to manage anxiety effectively; and learn a range of simple and effective meditation techniques, from following the breath to self-compassion. It is especially helpful that Dr. Willard breaks down these techniques into exercises to practice in specific situations (e.g. social, school, home, etc), especially as young adults often crave specific tools to help them across the different contexts and arenas of their lives. My experience is that, once practicing these tools in specific situations, clients can often generalize the skills to other areas of their lives. The writing is clear, grounded, and easy to understand, without being simplistic. The tone is authentic, informal, and open, while remaining serious. Clear instructions are given throughout, both for the therapist and the client, so that you can guide clients through meditations and exercises, or they can practice on their own.

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