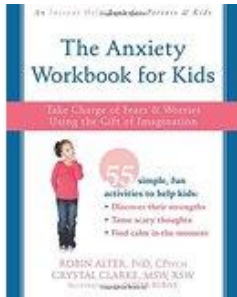
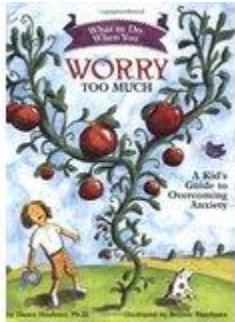


## ANXIETY WORKBOOKS FOR KIDS, TEENS, AND THEIR PARENTS

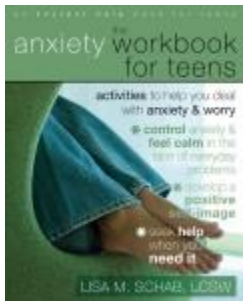
Many kids and teens experience anxiety at some point in their lives. Workbook approaches can be a helpful way to address these issues when they arise. Here are a few examples of workbooks that may be helpful for you and your child/teen. You can also explore more options at the websites suggested at the end of this list.



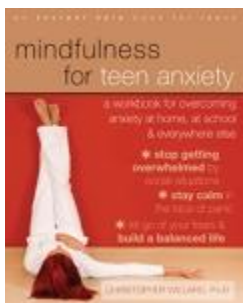
**The Anxiety Workbook for Kids: Take Charge of Fears and Worries Using the Gift of Imagination**  
by Robin Alter PhD CPsych and Crystal Clarke MSW RSW



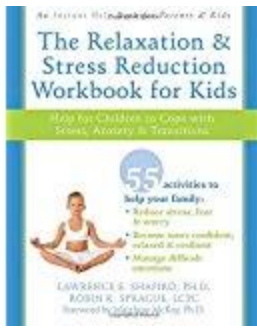
**What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety**  
by Dawn Huebner and Bonnie Matthews



**The Anxiety Workbook for Teens**  
by Lisa M. Schab LCSW



**Mindfulness for Teen Anxiety**  
By Christopher Willard PsyD



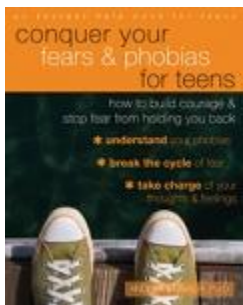
## **The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help)**

by Lawrence Shapiro PhD and Robin Sprague



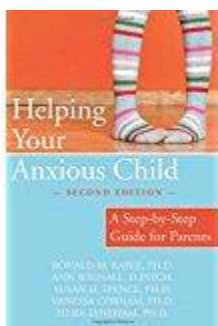
## **Don't Let Your Emotions Run Your Life for Teens**

by Sheri Van Dijk MSW



## **Conquer Your Fears and Phobias for Teens**

By Andrea Umbach PsyD



## **Helping Your Anxious Child: A Step-by-Step Guide for Parents**

by Ronald Rapee PhD and Ann Wignall D Psych

**\*\*\*Explore more workbook options at the following websites\*\*\***

**[www.amazon.com](http://www.amazon.com)   [www.newharbinger.com](http://www.newharbinger.com)   [www.apa.org](http://www.apa.org) (what-to-do guides for kids)**