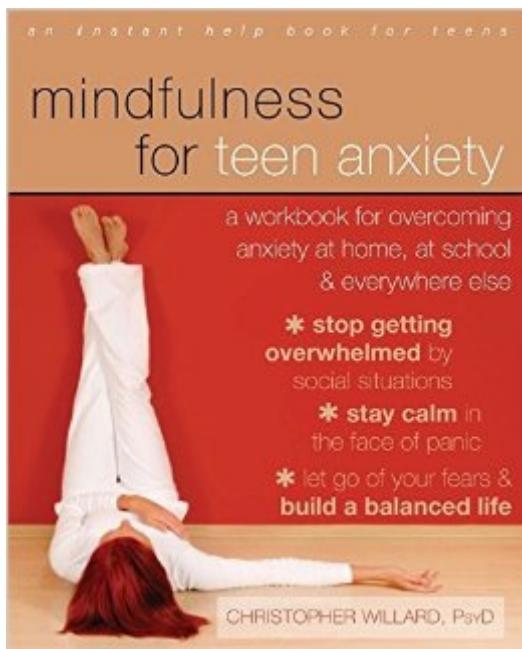


The book was found

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

Series: Teen Instant Help

Paperback: 168 pages

Publisher: Instant Help; 1 edition (August 1, 2014)

Language: English

ISBN-10: 1608829103

ISBN-13: 978-1608829101

Product Dimensions: 0.5 x 7.8 x 9.8 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars (See all reviews) (28 customer reviews)

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.

[Download to continue reading...](#)

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Relaxation and Stress Reduction Workbook for Kids: Help for Children to Cope with Stress, Anxiety, and Transitions (Instant Help) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Beyond the Blues: A Workbook to Help Teens Overcome Depression (Teen Instant Help) The Complete INSTANT POT ONE POT Recipes Cookbook: 131 Healthy ONE POT Instant Pot Pressure Cooker Recipes For Every Mum (+Instant Pot Time Guide For Over 300 Recipes) The Mindful Teen: Powerful Skills to Help You Handle Stress One Moment at a Time (The Instant Help Solutions Series) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Dialectical Behavior Therapy Skills Workbook: Practical DBT Exercises for Learning Mindfulness, Interpersonal Effectiveness, Emotion Regulation & ... Tolerance (New Harbinger Self-Help Workbook) Best Practices for Graphic Designers, Color Works: Right Ways of Applying Color in Branding, Wayfinding, Information Design, Digital Environments and Pretty Much Everywhere Else The Mystery of Capital: Why Capitalism

Triumphs in the West and Fails Everywhere Else Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Overcoming Adrenal Fatigue: How to Restore Hormonal Balance and Feel Renewed, Energized, and Stress Free (New Harbinger Self-Help Workbook) The ADHD Workbook for Kids: Helping Children Gain Self-Confidence, Social Skills, and Self-Control (Instant Help) The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress Mindfulness: 50 Easy Mindfulness Exercises for Beginners to Live in the Moment and the Art of Letting Go Instant Pot Cookbook: The Quick And Easy Pressure Cooker Guide For Smart People - Healthy, Easy, And Delicious Instant Pot Recipes

[Dmca](#)