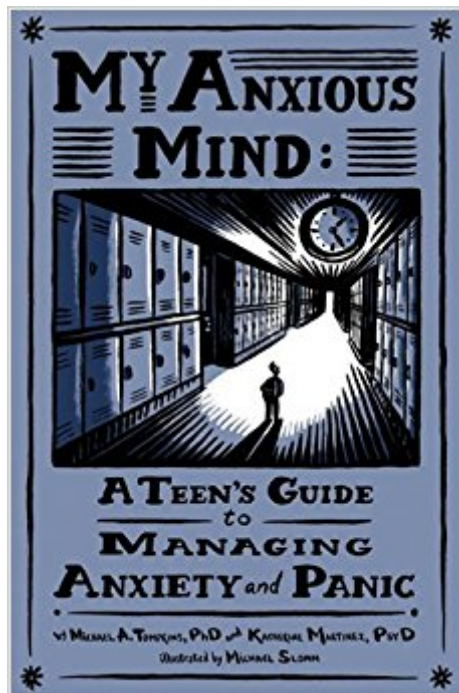




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# My Anxious Mind: A Teen's Guide To Managing Anxiety And Panic



## 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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