

Four Books for Your Teenager to Read if They Struggle With Anxiety



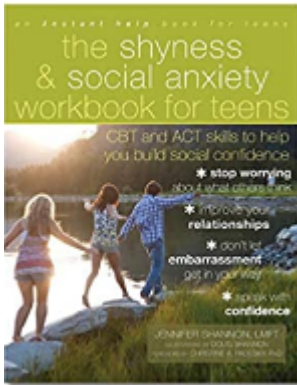
An individual's teenage years are often accompanied by frequent feelings of anxiety and worry. On top of that, teenagers often struggle with talking about these feelings. This can make it very hard for a parent to realize that their

child is struggling and even harder for them to help their child. As a parent, you may be feeling quite frustrated and helpless, while still having a strong desire to do something to help.

Our team of neuropsychologists, school psychologists, and psychology students at South County Child and Family Consultants are committed to searching the Internet and beyond to find reputable, informative, and practical tools to help child and young adults manage their anxiety. We look for the best information online to help kids diagnosed with ADHD, Learning Disabilities, Executive Functioning Difficulties, struggles with Social Emotional Learning (SEL) skills, Autism, Depression, and Anxiety and provide you with information about how neuropsychological evaluations help in targeting concerns about anxiety. Come back regularly, as the links are updated frequently.

One helpful strategy could be through the use of books. Listed below are a number of great books and workbooks for teenagers about dealing with anxiety. Your teenager may desire to read through or work through these books alone, and if that is the case, it may be beneficial for you to get a copy of your own to read through and get a better sense of what your teenager

is learning while not imposing on their process. If this is something that you and your teenager are working through together, reading together and talking through specific chapters or points made could help broaden their understanding and acceptance.

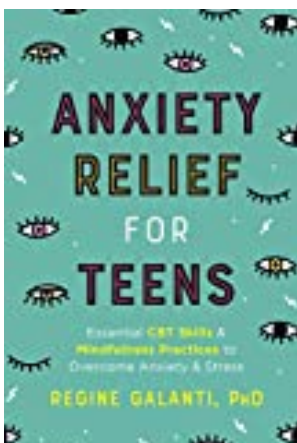


The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence (Ages 11-19)

By Jennifer Shannon

Amazon Review: *"This book is superb! No longer will teens need to suffer with anxiety and be on the sidelines of life. Full of clear, effective, and engaging strategies, this workbook will show teens exactly what to do to overcome their fears and shyness and will reassure them that they are not alone. Truly, every teen struggles with these issues to varying degrees. All teenagers would benefit from reading this book."* –Tamar Chansky, PhD, author of *Freeing Your Child from Anxiety* and *Freeing Yourself from Anxiety*

Dr. Kulman's take: "One of the excellent Instant Help series. Excellent strategies that teens can apply to their world."

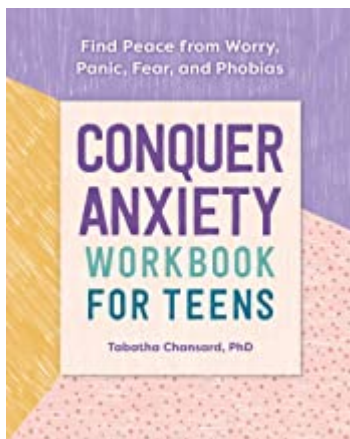


Anxiety Relief for Teens: Essential CBT Skills and Mindfulness Practices to Overcome Anxiety and Stress (Ages 12-15)

By Regine Galanti

Amazon Review: *“Dr. Galanti’s book, Anxiety Relief for Teens, is an invaluable resource for teens, young adults, parents, and clinicians, containing skills and exercises readers can immediately implement and use with great results. The language and diagrams throughout the book are clear and incredibly relevant, making it a unique contribution and a go-to book for clients and clinicians alike! There is a great need in today’s high-pressure, high-speed world for young people to feel empowered to understand and manage their anxiety and fears so they can unleash and maximize their potential. I cannot wait to introduce this book to all of the teens, young adults, and colleagues in my life!” –Yael Muskat, PsyD, Director, Counseling Center, Yeshiva University*

Dr. Kulman’s take: *“Our clinic routinely recommends learning mindfulness meditation for all teens who have a history of anxiety. Many of these teenagers have inherited the propensity to experiencing physiological and cognitive components of anxiety and meditation and mindfulness training is a clear and effective treatment for them.”*



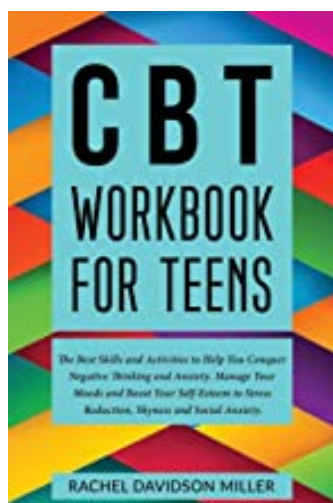
Conquer Anxiety Workbook for Teens: Find Peace from Worry, Panic, Fear, and Phobias (Ages 13-18)

By Tabatha Chansard

Amazon Review: *“Conquer Anxiety Workbook for Teens is an approachable guide to addressing and demystifying some of the most common manifestations of anxiety for today’s adolescents. Dr. Chansard provides therapeutic applications in the workbook*

that make it a valuable resource for both consumers as well as clinicians looking to supplement cognitive behavioral therapy with in-session interactive exercises. I look forward to sharing with my patients an evidence-based deep dive into healing practices for anxiety in one of our most at-risk demographics.”—Jamie Pederson, LCSW, Co-Founder, Dallas Emotional Health

Dr. Kulman’s take: “CBT (Cognitive Behavior Therapy) is the best evidenced based treatment for anxiety and depression. This book explains this treatment to teens.”



CBT Workbook For Teens: The Best Skills and Activities to Help You Conquer Negative Thinking and Anxiety. Manage Your Moods and Boost Your Self-Esteem to Stress Reduction, Shyness and Social Anxiety. (Ages 13-19)

By Rachel Davidson Miller

Amazon Review: *This book reveals some effective tools and exercises that are common in Cognitive Behavioral Therapy. A form of therapy that focuses on how your thoughts, moods, and behaviors are all concerned and affect one another. These tools can help you live your life with more happiness and success. If you struggle with social anxiety, low self-esteem, uncontrollable moods, or have no belief in your abilities or self, you will find value in this book.*

Dr. Kulman’s take: “Exercises that put CBT into practice. Might be very helpful for teens to use in conjunction with parents or clinicians.”

