



The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry

By Lisa Schab LCSW

Instant Help. Paperback. Book Condition: New. Paperback. 192 pages. If you feel anxious most of the time, you're not alone. About one in three people your age struggles with feelings of worry, fear, and panic. And the scary thing is, if you don't find a way to cope with anxiety, it can get worse as you get older. The good news is that there are a lot of effective techniques you can use, both on your own and with the help of a counselor, to reduce your feelings of anxiety and learn how to keep them from taking over your life. This workbook offers a set of simple activities you can do to make it happen. The Anxiety Workbook for Teens will show you how to deal with the day-to-day challenges of anxiety. It will help you develop a positive self-image and recognize your anxious thoughts. The workbook also includes resources for seeking additional help and support if you decide you need it. What are you waiting for? Don't spend another minute paralyzed by anxiety. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.



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