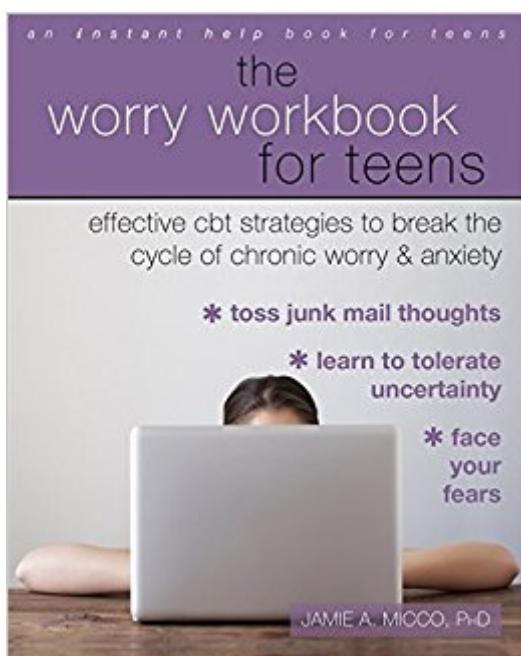


The book was found

# The Worry Workbook For Teens: Effective CBT Strategies To Break The Cycle Of Chronic Worry And Anxiety



## Synopsis

Break the worry cycle for good! This fun, practical workbook offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to help you understand your chronic worrying, toss â œjunk mailâ • thoughts, and manage your fears in a constructive way. Do you worry all the time? Maybe youâ ™re worried about school, tests, making new friends, or even about what the future holds? The teen years are full of big changes, and itâ ™s normal to worry sometimes. But if you have chronic, difficult-to-control worries, you may have trouble sleeping, paying attention, and even experience physical symptoms like stomachaches and headaches. You need help putting things in perspective. Written by a Harvard University faculty member and expert in teen anxiety, this is the first book to target chronic, debilitating worry with proven-effective skills to help you alleviate worry symptoms and prevent them from escalating into anxiety. With this book, youâ ™ll uncover the real reasons you worry all the time, stop unhelpful â œjunk mailâ • thoughts from taking over, challenge your worries, face your fears, andâ "most importantlyâ "reach your goals! If youâ ™re tired of worrying, this friendly guide can help you get your life back.

## Book Information

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## Customer Reviews

â œThis workbook provides teens with a step-by-step guide for dealing with their worries and increasing helpful behaviors. Teens will be able to relate to the examples and learn concrete strategies to manage anxiety related to school, procrastination, friendships, and social media. â ^Junk mail thoughtsâ ™ is a particularly interesting way to help teens understand the concept of anxious self-talk and manage worry. This excellent new resource is highly recommended for both

teens and the professionals who work with them. "Laura C. Reigada, PhD, associate professor of psychology at the City University of New York at Brooklyn College and The Graduate Center, Jamie Micco has crafted a clear, informative, and easy-to-read resource that will be useful for any teen struggling with anxiety, as well as their loved ones. The text details empirically supported treatment components to help fight anxiety in a practical, step-by-step manner. Micco should be congratulated for this masterful work, which fills a critical gap in the field for this age-group." "Eric Storch, PhD, All Children's Hospital Guild; endowed chair and professor at the University of South Florida, "This is an excellent resource for anxious teens, and for the clinicians who work with them. The workbook reviews key cognitive behavioral therapy (CBT) strategies and skills, is easy to follow, and includes helpful and relatable examples. The exercises for each section are brief and right on point. As an added bonus, Jamie Micco has included online exercises to complement the written text. I absolutely plan to recommend this book to my clients." "Kathryn D. Boger, PhD, ABPP, board-certified clinical child and adolescent psychologist specializing in CBT, and director of the McLean Hospital Anxiety Mastery Program, "With creativity, clarity, and fun, Jamie Micco offers teens effective cognitive behavioral strategies to deal with the "junk mail thoughts" and unhelpful behaviors that come along with chronic worry. Whether teens are dealing with mild or severe chronic worry, they will greatly benefit from reading this book and completing all exercises. This is a must-read for teens." "Patricia E. Zurita Ona, PsyD, psychologist at the East Bay Behavior Therapy Center, and coauthor of *Mind and Emotions*

Jamie A. Micco, PhD, is a licensed psychologist in private practice in Concord, MA, and a lecturer in psychology at Harvard Medical School. She received her PhD in clinical psychology from Boston University, completing her clinical and research training at the Center for Anxiety and Related Disorders. Thereafter, she was a staff psychologist at Massachusetts General Hospital, where she most recently served as the director of an intensive cognitive behavioral therapy (CBT) program for youth with severe anxiety. Micco specializes in CBT for children, adolescents, and adults with anxiety disorders, obsessive-compulsive disorder (OCD), and depression.

Good resource

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