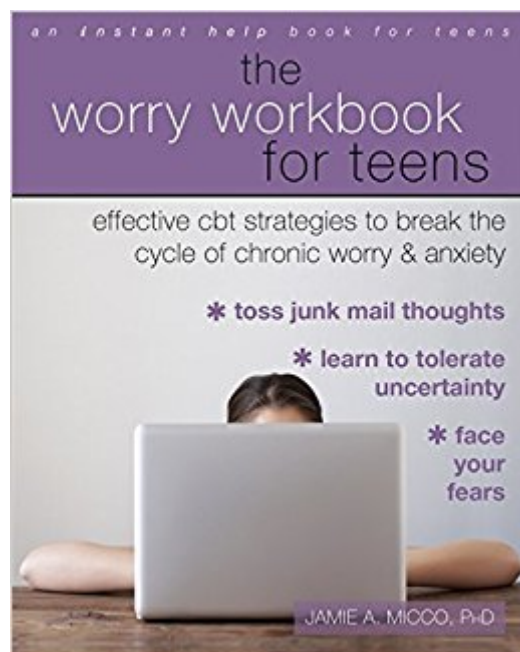




The book was found

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 out junk mail thoughts, and manage your fears in a constructive way. Do you worry all the time? Maybe you're worried about school, tests, making new friends, or even about what the future holds? The teen years are full of big changes, and it'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, you'll uncover the real reasons you worry all the time, stop unhelpful junk mail thoughts from taking over, challenge your worries, face your fears, and most importantly reach your goals! If you're tired of worrying, this friendly guide can help you get your life back.

Book Information

Paperback: 176 pages

Publisher: Instant Help; Csm Wkb edition (June 1, 2017)

Language: English

ISBN-10: 1626255849

ISBN-13: 978-1626255845

Product Dimensions: 8 x 0.3 x 9.9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #145,738 in Books (See Top 100 in Books) #23 in Books > Teens > Personal Health > Depression & Mental Health #42 in Books > Teens > Education & Reference > Social Science > Psychology #309 in Books > Parenting & Relationships > Parenting > Teenagers

Customer Reviews

"This 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. 'Junk mail thoughts' 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.â • â "Laura C. Reigada, PhD, associate professor of psychology at the City University of New York at Brooklyn College and The Graduate Centerâ œJamie 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.â • â "Eric Storch, PhD, All Childrenâ ™s Hospital Guild; endowed chair and professor at the University of South Floridaâ œThis 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.â • â "Kathryn D. Boger, PhD, ABPP, board-certified clinical child and adolescent psychologist specializing in CBT, and director of the McLean Hospital Anxiety Mastery Programâ œWith creativity, clarity, and fun, Jamie Micco offers teens effective cognitive behavioral strategies to deal with the â ^junk mail thoughtsâ ™ 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!â • â "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

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

CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic

Worry and Anxiety Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) When Your Child Hurts: Effective Strategies to Increase Comfort, Reduce Stress, and Break the Cycle of Chronic Pain (Yale University Press Health & Wellness) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Cognitive Behavioral Therapy (CBT): A Complete Guide To Cognitive Behavioral Therapy - A Practical Guide To CBT For Overcoming Anxiety, Depression, Addictions ... Phobias, Alcoholism, Eating disorder) The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks (An Instant Help Book for Teens) The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Shyness and Social Anxiety Workbook for Teens: CBT and ACT Skills to Help You Build Social Confidence Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Getting Over Overeating for Teens: A Workbook to Transform Your Relationship with Food Using CBT, Mindfulness, and Intuitive Eating (An Instant Help Book for Teens) The Yoga-CBT Workbook for Anxiety: Total Relief for Mind and Body (A New Harbinger Self-Help Workbook) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)