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Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)

By Christopher Willard PsyD

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Being a teen is hard enough without anxiety getting in the way. You are changing more than ever before, not just physically, but mentally. And if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety—and your life!

In *Mindfulness for Teen Anxiety*, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends.

You'll learn tips for dealing with specific situations that cause anxiety, such as public speaking, social anxiety, test anxiety, and more. You'll also learn special breathing exercises to help calm you in moments of panic, and guided visualization exercises to help you stay cool and collected, even in the tensest situations.

If you are ready to move past your anxiety, panic, and worry and start living the life you were meant to live, this book will be your guide—every step of the way.

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- Sales Rank: #9774 in Books
- Brand: Instant Help Publications
- Published on: 2014-08-01
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 7.75" w x .50" l, .0 pounds
- Binding: Paperback
- 168 pages

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Editorial Review

Review

“If, like all teens, you sometimes feel anxious, or if, like many teens, you suffer from intense anxiety, reading a few pages in this book will help you feel calmer. Every chapter is like a reassuring talk with a good friend. This book gives you real, practical, simple skills for easing anxiety, being more relaxed and kinder to yourself, and ultimately living a happier life.”

—**Amy Saltzman, MD**, author of *A Still Quiet Place*

“*Mindfulness for Teen Anxiety* provides powerful and practical tools for teens facing everyday challenges in social, academic, or sports settings. The practices and insights are useful for all teens—and adults too! I highly recommend this book.”

—**Jessica Morey**, executive director and lead teacher at Inward Bound Mindfulness Education, a national nonprofit that leads mindfulness retreats and school programs for teenagers across the country

About the Author

Christopher Willard, PsyD, is a psychologist and learning specialist in the Boston area who specializes in working with adolescents and young adults in his private practice at Tufts University. He regularly consults schools, clinics, and other institutions, and teaches workshops across the US and around the world. His website can be found at drchristopherwillard.com.

Users Review

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Mary Davis:

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Timothy Quintero:

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