



The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)

By Jennifer Shannon LMFT

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Do you have problems with anxiety? *The Anxiety Survival Guide for Teens* is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.

If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether—leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you?

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

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Editorial Review

From School Library Journal

Gr 7 Up—This installment of this series of health self-help guides for teens focuses on using cognitive-behavioral therapy to overcome anxiety. Everyone feels nervous or upset on occasion, says Shannon, but when anxiety negatively affects self-esteem and independence, additional support is needed. This easy-to-read volume helps readers recognize when the "monkey mind," or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios. **VERDICT** While this book isn't necessarily one that teens would self-select from the library shelves, it's a good option as a desk copy for middle and high school counselors.—Elaine Baran Black, Georgia Public Library Service, Atlanta

Review

"This easy-to-read volume helps readers recognize when the 'monkey mind,' or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios."

—*School Library Journal*

"We know how to win over fearful worry. The skills take effort, but they are surprisingly simple. Now Jennifer Shannon places these tools directly into your hands. If you will act on her clever guidance, you can do more than survive, you can thrive."

—**Reid Wilson, PhD**, coauthor of *Anxious Kids, Anxious Parents* and *Playing with Anxiety: Casey's Guide for Teens and Kids*

"With clarity and fun, *The Anxiety and Survival Guide for Teens* offers effective cognitive behavioral strategies for teens to overcome their fear, worry, and panic. This book will not only help teens survive their anxiety, but will guide them out of the fear and worry that limits their lives. I highly recommend it."

—**Michael A. Tompkins, PhD**, author of *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* and codirector of the San Francisco Bay Area Center for Cognitive Therapy

"This is a terrific book for teens, explaining all the best that cognitive behavioral therapy, ACT, and mindfulness have to offer in terms that are engaging, fun, and easy to understand. Teens can easily recognize themselves in this book and become empowered to overcome their anxiety."

—**Karen Lynn Cassiday, PhD**, managing director at The Anxiety Treatment Center of Greater Chicago and clinical assistant professor at Rosalind Franklin University of Medicine and Science

"*The Anxiety Survival Guide for Teens* by Jennifer Shannon is a clear, concise, helpful guide with all the key tools to help you overcome your anxiety. Why suffer another day from anxiety when you can use these tools right now? Each chapter gives you powerful and easy-to-understand self-help tools to overcome the many difficulties that teens will face. I will recommend this to my colleagues and clients."

—**Robert L. Leahy, PhD**, director of the American Institute for Cognitive Therapy in New York, NY, and

author of *The Worry Cure: Seven Steps to Stop Worry from Stopping You*

“All parents want to lift the burden of stress from their teen’s shoulders, but many teens don’t want to talk about it. They do, however, desperately want to feel better. In a completely clear, accessible, and engaging way, Jennifer Shannon’s *Anxiety Survival Guide for Teens* tells teens exactly what they need to do to help themselves do just that. The simple exercises in this book teach teens how to break free from their anxiety and see themselves and their lives in a whole new light—a more realistic one. Every teen will benefit from the strategies Ms. Shannon provides. I highly recommend this wonderful book!”

—**Tamar Chansky, PhD**, author of *Freeing Your Child from Anxiety* and *Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want*

“Relief is on the way for anxious teens. *The Anxiety Survival Guide for Teens* teaches proven steps to uncover the causes and learn what to do to manage anxiety. Unlike many similar books, this guide addresses all types of anxiety with drawings and helpful stories about common situations faced by teens and young adults. Whether mildly or super anxious, complete the exercises in this book to get a grip on your anxiety.”

—**Christine A. Padesky, PhD**, psychologist and coauthor of *Mind Over Mood*

“This is the first self-help book I’ve ever read where the narrator doesn’t over-romanticize the possibilities to get better soon. What a relief! In a calm, orderly manner, author Jennifer Shannon characterizes and gives specific instructions for different kinds of anxiety: shyness and social anxiety, panic and agoraphobia, specific phobias, generalized anxiety, and obsessive-compulsive disorder (OCD). The tone is just so warm and pleasant, and every teen who suffers from anxiety—but doesn’t know what kind yet—can easily recognize him or herself in the detailed and often funny examples, without being scared to death. It’s the best introduction to cognitive behavioral therapy (CBT) that I’ve ever seen, and it’s amazing that it’s written specifically for teens, because they need it so much. I wish it had existed for little teenage me.”

—**Peter Henrichsen**, editor at Youth Culture Denmark

About the Author

Jennifer Shannon, LMFT, is author of *The Shyness and Social Anxiety Workbook for Teens* and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomate of the Academy of Cognitive Therapy.

Illustrator **Doug Shannon** is a freelance cartoonist.

Users Review

From reader reviews:

Kathy Wilson:

Book is definitely written, printed, or descriptive for everything. You can recognize everything you want by a e-book. Book has a different type. We all know that that book is important factor to bring us around the world. Alongside that you can your reading expertise was fluently. A guide The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) will make you to always be smarter. You can feel considerably more confidence if you can know about almost everything. But some of you think that open or reading the book make you bored. It is far from make you fun. Why they might be thought like that? Have you searching for best book or acceptable book with you?

John Armstead:

Within this era which is the greater man or woman or who has ability to do something more are more treasured than other. Do you want to become considered one of it? It is just simple strategy to have that. What you have to do is just spending your time little but quite enough to have a look at some books. Among the books in the top checklist in your reading list is actually The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series). This book and that is qualified as The Hungry Hillsides can get you closer in becoming precious person. By looking upwards and review this book you can get many advantages.

Ronald Adams:

As a university student exactly feel bored to help reading. If their teacher expected them to go to the library as well as to make summary for some publication, they are complained. Just very little students that has reading's heart and soul or real their pastime. They just do what the teacher want, like asked to the library. They go to right now there but nothing reading critically. Any students feel that reading through is not important, boring and can't see colorful photos on there. Yeah, it is to get complicated. Book is very important for yourself. As we know that on this period, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore , this The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) can make you feel more interested to read.

Bonnie Pace:

What is your hobby? Have you heard this question when you got learners? We believe that that query was given by teacher on their students. Many kinds of hobby, Every person has different hobby. And also you know that little person such as reading or as examining become their hobby. You need to understand that reading is very important along with book as to be the matter. Book is important thing to include you knowledge, except your teacher or lecturer. You will find good news or update concerning something by book. Numerous books that can you go onto be your object. One of them is niagra The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series).

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