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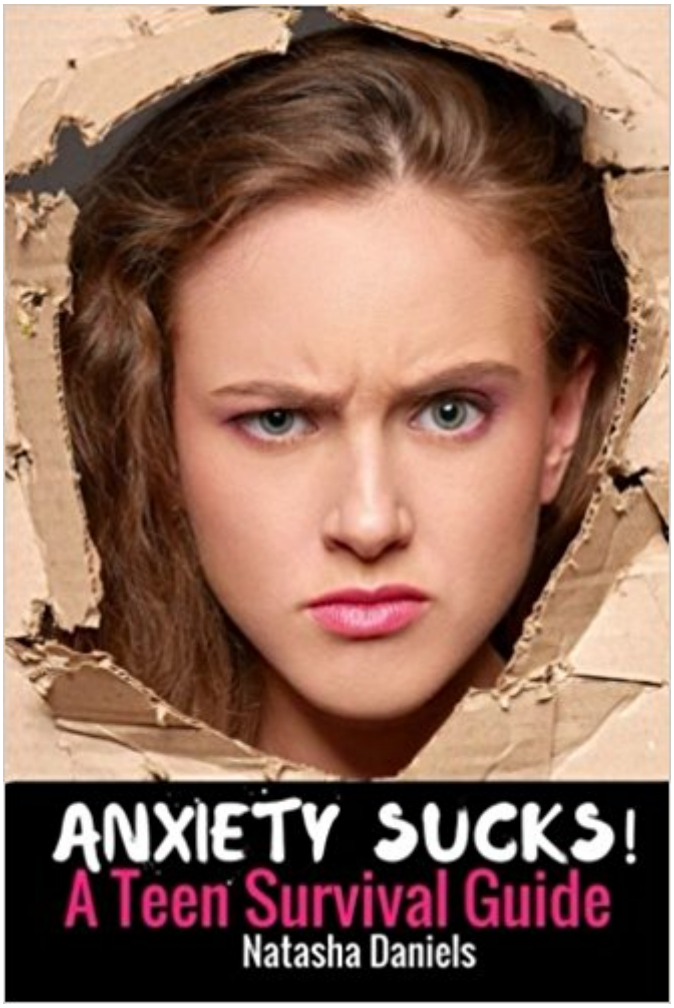
Anxiety Sucks! A Teen Survival Guide (Volume 1)



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Synopsis

Is your anxiety kicking your teenâ ™s butt? Are they tired of boring, long self-help books that do anything but help? Are they annoyed by suggestions that show the author doesnâ ™t really get anxiety? I get it. I also get anxiety. I have lived it and so have the thousands of kids I have helped in my therapy practice. Until you have lived it â " you will never understand anxietyâ ™s insidious moves. Anxiety Sucks! Teen Survival Guide is short and to the point. You are welcome. Have them read it. Practice it. Repeat. Kids donâ ™t want to read long, boring books on anxiety. In my practice parents will often ask for book suggestions. I provide them. They buy them. The kids never read them. Trust me, I know. I ask the kids. I finally decided to write my own book that is short, to the point and offers a death blow to the anxiety dictator living in their head. A book I know kids will be able to get through in one or two sittings. A book that will teach kids how their little dictator rules their mind and tricks them into making their anxiety grow. And finally, a book that will help them develop mad skills to counterattack their dictator and show him who is boss. Every kid being bullied by anxiety should be armed with the skills this book provides. Every parent raising an anxious kid should read this and gain insight into what their kids are going through each day.

Book Information

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Best Sellers Rank: #97,857 in Books (See Top 100 in Books) #129 inÂ Books > Self-Help > Anxieties & Phobias

Customer Reviews

This book is absolutely wonderful! I have two children that suffer greatly from anxiety and one is already starting the book. I read it first so I could help them with the same advice and understand the process. It’s a very quick read but hits the points home so well that you finish it with a bit of shock of all the clarity that just popped out. I simply can not wait for my children to finish it. I will also

save it for one of my younger children who has Aspergers for the appropriate time for him to read it. Thank you so much for this book!!

This is a great book for teens to help them understand the underlying causes of their anxiety and work on practical steps they can take to conquer it. One of the things I love is that the author is honest about her own struggles. She really gets where teens are coming from, because sheâ ™s been there. She also acknowledges that itâ ™s not always going to go perfectly when youâ ™re trying to defeat anxiety, but continuing to try and making small steps toward defeating anxiety is whatâ ™s most important. I will definitely be recommending this book to my teen clients!

Super practical insights with steps that can be undertaken immediately - written in a style that is very accessible for teens of all ages.

Beautifully Written

helpful book

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