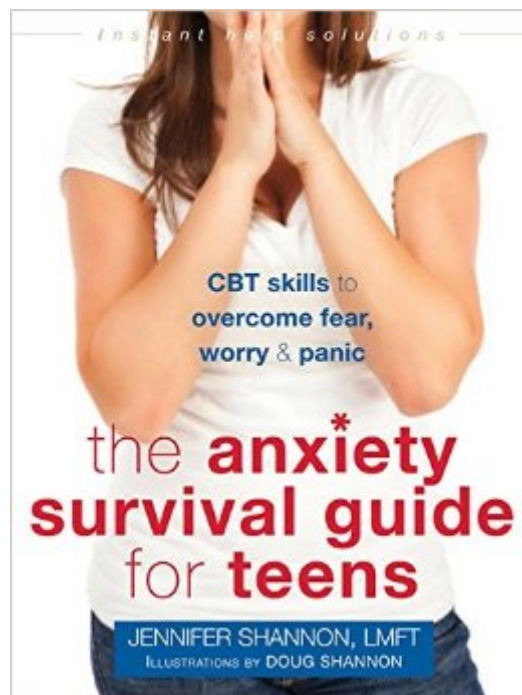


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# The Anxiety Survival Guide For Teens: CBT Skills To Overcome Fear, Worry, And Panic (The Instant Help Solutions Series)



## Synopsis

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.

## Book Information

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## Customer Reviews

If you are a teenager or the parent of a teenager whose life is limited by anxiety, this is the book for you and your family. I am a cognitive behavioral therapist who specializes in treating teens who

struggle with anxiety. Cognitive behavioral strategies are proven to help teens manage their anxiety but there can be many barriers to using these strategies. Many teens feel confused by their anxiety, feel that it is a flaw to be anxious, or feel that their anxiety will get worse if they talk about it. Fortunately, we now have this book to help teens accept their anxiety and learn how to use CBT strategies easily and on their own. Incorporating newer CBT skills, ie, acceptance and mindfulness strategies, Jennifer Shannon helps reduce shame and judgment about being anxious by showing that anxiety is helpful, hardwired, and has multiple causes that aren't your fault. She also emphasizes the importance of connecting with the present moment instead of being stuck in the past or future as anxiety would like us to be. Jennifer Shannon cleverly uses the monkey metaphor to illustrate how anxiety can take over our thoughts and get us caught up in a pattern of avoidance. She helps us understand that the goal is not to get rid of anxiety but to respond to it in a new way, a way that lets us take charge of our lives again. This book outlines simple, effective tools for managing anxiety in general as well as for each anxiety disorder. In addition, Doug Shannon's illustrations and comics make this book more appealing and accessible. If you or your teenager is ready to break free from anxiety and avoidance, I recommend reading this book and following the exercises in order to start leading a more meaningful and full life.

Check out: [5girlsbookreviews.blogspot.com](http://5girlsbookreviews.blogspot.com) REVIEW BY: Arianna, age 12 years, 8 months MAY CONTAIN SPOILER: Have you ever gotten so nervous that you can't speak? Well this book tells you all about anxiety. It's a normal thing, everyone gets it at least once in their life. This was a wonderful guide to surviving anxiety. My favorite part was when this book opened my eyes and the message finally got through to me that everyone experiences anxiety. I recommend this book for people who are having a hard time surviving their own anxiety or unsure how to handle it. I give this book 3 out of 5 stars and recommend it for ages 12 and up.

I like this book so much because of the way Ms Shannon teaches us. In a clear and engaging manner, she takes a complex subject and puts it into simple language. Although written specifically for teens, the ideas and writing are strong enough to help anyone. Shannon uses the simile of an anxious brain being like a monkey's mind, "its relentless stream of scary thoughts is like a frightened monkey's chatter" to give us an image we can remember. She then teaches us how to stop the monkey's chattering. We all know that hearing stories is a powerful way to understand and remember ideas, and Ms Shannon uses this technique so effectively. She tells stories of fictitious teens . . . of how they become anxious, how the anxiety affects their lives, and

how they get better. The stories appear with perceptive illustrations that enhance the ideas and provide the reader with a memorable visual. I related instantly to the characters, and the stories really helped me make a plan to use the "Tools that Tame the Monkey" and "Tools that Rule the Monkey". Shannon follows up her stories with straightforward explanations of classic CBT tools I can follow in order to get better (to stop the monkey chatter). When my "monkey brain" is chattering away at night when I'm trying to go to sleep, I practice the techniques Ms Shannon taught me, and am getting better at being able to relax and sleep.

I am so glad that books like this one are available these days, as I wish that we had more of them when I was a teenager as I found myself reading a lot of the adult Self-Help books like 7 Habits of Highly Effective People etc. As teens, we find that being anxious is a horrible feeling and it can be for anyone when they feel anxiety but as a teenager we have a lot more going on in our worlds from schooling, family, friends, peer pressure and jobs. All this can build up on us and if we are one to keep it inside, it can unfortunately bubble up to the surface and cause damaging effects to our lives. Jennifer Shannon's book teaches teens the different kinds of anxiety we can suffer from generalised anxiety - which is worrying about everything family, school - (this is the most common) and I have to admit that I still do this and it's not good as it can make you feel nauseated and develop insomnia as you can't sleep as you are worrying about what is going to happen, separation anxiety, phobias, panic attacks and the more severe of agoraphobia. 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. So if you are a teen and wanting to read about how you can improve your anxiety skills, then check out "The Anxiety Survival Guide for Teens".

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