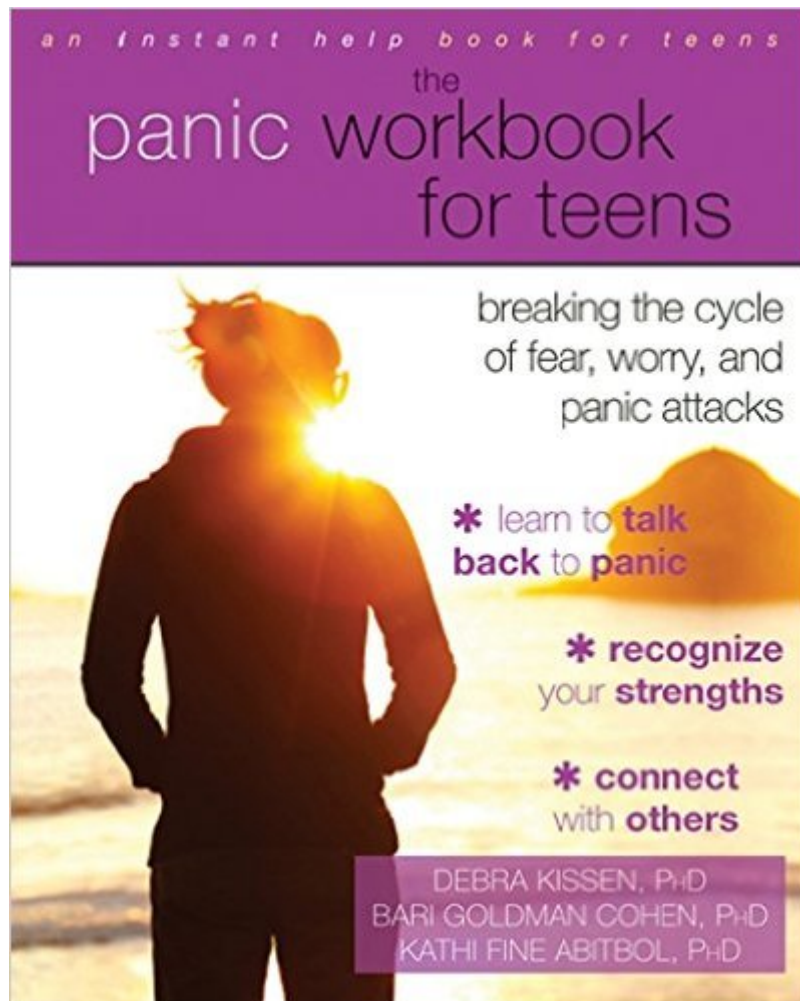


The book was found

# The Panic Workbook For Teens: Breaking The Cycle Of Fear, Worry, And Panic Attacks



## Synopsis

Panic attacks are scary, and can make you feel like you've lost control leading to more anxiety, stress, fear, and even depression. This easy-to-use workbook provides step-by-step instructions to help you identify anxiety-inducing thoughts, mindfully observe them, and stop the cycle of panic, once and for all. If you're like many other teens with a panic disorder, you may sometimes feel like walls are closing in on you, or that something dreadful is about to happen. The most frustrating thing about panic attacks is that they can happen anytime, anywhere sometimes when you least expect them and you may go through your day fearing another attack. So, how can you start managing your panic before it gets in the way of school, friends, and your life? In *The Panic Workbook for Teens*, three anxiety specialists will show you how to identify anxiety-causing thoughts and behaviors, mindfully observe your panic attacks instead of struggling against them, and experience sensations associated with panic until you discover that these sensations may be uncomfortable but not dangerous. No matter what situation you find yourself in, by learning how to objectively monitor your panic attacks, you'll gain a sense of control and learn to work through even the toughest moments of extreme anxiety whether you're taking a test, on a first date, or at a job interview.

## Book Information

Paperback: 176 pages

Publisher: Instant Help; Workbook edition (September 1, 2015)

Language: English

ISBN-10: 1626252211

ISBN-13: 978-1626252219

Product Dimensions: 8 x 0.2 x 10 inches

Shipping Weight: 9.6 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars See all reviews (11 customer reviews)

Best Sellers Rank: #64,463 in Books (See Top 100 in Books) #11 in Books > Teens > Personal

Health > Depression & Mental Health #25 in Books > Teens > Education & Reference > Social

Science > Psychology #147 in Books > Teens > Social Issues

## Customer Reviews

Dr. Kissen's book is an amazing gift for teens struggling with panic, fear and anxiety. It empowers them to understand their bodies and minds and how to take control and overcome their panic, to lead happy and meaningful lives. Adolescence can be a very anxious time for teens and I highly

recommend this book to teens, parents, and professionals looking for an effective and easy to implement strategy for themselves or their loved ones to overcome anxiety. The valuable tools in this book will last them a lifetime.

This book offers much insight into panic disorders to guide both the teen & their parents. Many therapists don't even think to suggest nor do they offer Cognitive Behavioral Therapy. This workbook provides text & exercises that are very easy-to-follow & immediately shed light on the inner workings of panic disorder from the first page. I hope these authors come out with a workbook for younger children as well.

As someone who struggled with panic attacks as a teen and now as a parent of a child who also struggles with panic, I am so thrilled to have stumbled upon this workbook. Panic has a way of making you and your loved ones feel powerless. With the tools outlined in this book, I now feel armed with all I need to assist my daughter ( and myself ) in moving past panic.

As a licensed psychologist, I find myself referring to this workbook over and over again. It is an approachable, creative, user-friendly, and comprehensive guide for teens (and their parents!) that helps demystify panic disorder. I highly recommend this workbook, as well as the others in this series.

As a therapist who works with adolescents, I am so happy to have found such a valuable resource. This workbook offers relatable examples and realistic exercises for teens. I will definitely recommend this book to my clients!

This book provides a thoughtful, practical and nonjudgmental approach to anxiety and panic as it relates to teens, which is a unique audience. This population may be facing these issues of the first time and this book does much to normalize the condition and symptoms, mitigate the symptoms with effective step-by-step exercises, and affirm the progress with practical measurements. Most importantly, teens will be able to use on their own without overwhelm that they are typically overcome by, as the tone and delivery of workbook is anecdotal and compassionate. Helpful and affirming.

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

The Panic Workbook for Teens: Breaking the Cycle of Fear, Worry, and Panic Attacks The Anxiety

Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Fear the Sky: The Fear Saga, Book 1 Nature Attacks! (I Survived True Stories #2) Comics: Minecraft Steve Vs Herobrine - Herobrine Attacks! (Herobrine, Minecraft ebooks, Diary, funny comics, Comics for kids, comic books Book 1) The Wither Attacks!: The Ultimate Minecraft Comic Book Volume 3 - (An Unofficial Minecraft Comic Book) Build Your Dream Body: Breaking the Lies and Myths of the Fitness Industry so You Can Build Lean, Hard Muscle and Shred Fat Using Simple and Proven Techniques That Get Results Don't Worry, Retire Happy!: Seven Steps to Retirement Security The All-Weather Retirement Portfolio: Your post-retirement investment guide to a worry-free income for life Social Skills for Teens: The Teaching Guide for Smile & Succeed for Teens Hack and HHVM: Programming Productivity Without Breaking Things Evolution 2.0: Breaking the Deadlock Between Darwin and Design The Sweet Life: Find Passion, Embrace Fear, and Create Success on Your Own Terms Rejection Proof: How I Beat Fear and Became Invincible Through 100 Days of Rejection Practical Mental Toughness Training for Boxing: Using Visualization to Control Fear, Anxiety, and Doubt Innovative Mental Toughness Training for Golf: Using Visualization to Control Fear, Anxiety, and Nerves The Money Queen's Guide: For Women Who Want to Build Wealth and Banish Fear Hunter S. Thompson's Fear and Loathing in Las Vegas The Gender Quest Workbook: A Guide for Teens and Young Adults Exploring Gender Identity Water Is Water: A Book About the Water Cycle

[Dmca](#)