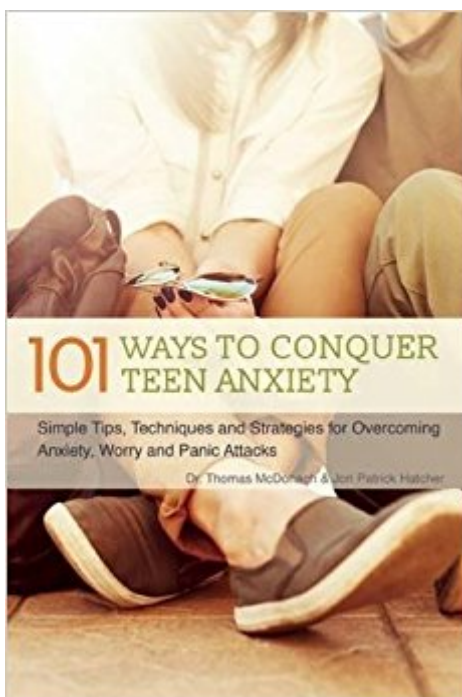


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# 101 Ways To Conquer Teen Anxiety: Simple Tips, Techniques And Strategies For Overcoming Anxiety, Worry And Panic Attacks



## Synopsis

A QUICK, HANDS-ON BOOK OF EXERCISES CLINICALLY PROVEN TO MANAGE

ANXIETY Teens today are more stressed than ever. Whether they face problems with school, friends, parents or all of the above, teens need help. Based on cognitive behavioral therapy, the most widely used and popular anxiety therapy among clinicians, *101 Ways to Conquer Teen Anxiety* offers dozens of beneficial quizzes, activities, tips and illustrations to help teens:

- Identify the most common anxiety triggers
- Learn essential skills to prevent anxiety attacks
- Redirect risky behavior, including substance abuse and self-harm
- Understand the options of therapy and medication
- Overcome the spike-and-relapse cycle

From mindfulness meditation and the repetition of positive mantras to diaphragmatic breathing and nature walks, the activities in this book both calm the body and keep thoughts from spiraling.

## Book Information

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Age Range: 12 and up

Grade Level: 6 and up

## Customer Reviews

Dr. Thomas McDonagh is a licensed clinical psychologist working in multiple practices in San Francisco, CA, including the Pacific Coast Psychiatric Associates and San Francisco Stress and Anxiety Center. He specializes in working with teens and adults suffering with anxiety, panic and stress. He lives in San Francisco. Jon Patrick Hatcher is a professional non-fiction writer and runs the website [stateofanxiety.com](http://stateofanxiety.com), focusing on coping with relationships and breakups. He lives in

Fremont, CA.

This was the perfect book to understanding my younger brother! It completely altered my perspective on things and has helped every aspect of how I approach any given situations with my brother. The book was easy to read - the comic strips combined with the easy-to-read format of the book has made this resource and easy one to go to. I really loved that each chapter came with ways to alleviate that particular issue. I have found the activities and suggestions in this book to be instrumental in communicating with my brother in what feels like forever. This book is the key to helping conquer any teens anxiety - to be honest it really goes so much more than that. Then again, I guess anxiety goes so much more than that but it was hard to grasp how much anxiety affected his life until I picked up this book. It legitimately blew my mind and will forever change the way I engage with my brother. No one can prepare you for the ups and downs of dealing with an emotional teen. I thought I wasn't that far removed but turning 30 hit me like a ton of bricks. Our age difference did matter and I was far removed from the many ideas there are for overcoming my brother's anxiety and panic attacks. I love this book. Highly recommended.

Anxiety gets treated like it's just an overreaction at times, especially for young adults. Their feelings aren't treated as real as they should because, since they aren't adults, their problems must not have any substantial base in reality. This book by Dr. Thomas McDonagh and Jon Patrick-Hatcher identifies real problems teens may face and gives great tips on how to tackle them. Using easy to digest language and illustrations, this book really caters to teens. I like that it starts off by helping the reader to access start type of anxiety they may have. They then talk about ways to alleviate anxiety, sprinkling pages of suggestions throughout the book. Some of my favorites are "think of a happy moment," "use calming oils," "walk into a room; in one minute, try to memorize exactly how it looks," "memorize a paragraph of a famous speech," and "learn to throw a fast-pitch." The tips are easy to fit into a schedule and maintain and are easily transferable into adulthood. One section I do like/wish it didn't have to be mentioned was the section about "Revenge Porn." This is a very real point of anxiety for young people and the authors are very honest with their readers, even going to say how males insatiable and conniving, so don't put yourself in the situation, even in a steady relationship. I found that honesty refreshing.

This is a great book. I have five grandsons who are just approaching their teen years. The authors wrote this book because of the anxiety they experienced as teen. I too experienced anxiety in my

teen years. The book is geared towards teens, however I found helpful ideas that I can use in my life today. My favorite chapter was "Cause and Effect of Long-Term Anxiety." They discuss not feeding wild anxieties and managing the spikes and relapses. Anxiety disorders are the most common mental illness in the US. This book will help explain how to deal with it and at the end of the book there are coping techniques to help decrease the effects of anxiety. I feel this book may ease a teen in dealing with anxiety as they enter the world as an adult. If each coping technique is mastered, anxiety may become manageable. Any parent with a teen that has anxiety should have this book for reference in their library.

Often teenagers are said to be "moody" and are told often they are overreacting however anxiety is a very real issue specifically within this demographic that too often gets brushed under the rug or ignored completely. This book is excellent if you know a teen with anxiety or are a teen with anxiety yourself. Anxiety can make life difficult, time go slower and make what was once simple seem impossible, this book gives you the tools to tackle your anxiety head on. Where most books like it fail this book succeeds spectacularly in addressing teens specifically, written in easy to digest language and with simple illustrations that make everything seem easier. Though meant for a younger reader this book has clearly been written by professionals and though not a teen myself as a person who struggles with anxiety I still found it to be an informative and helpful read.

I bought this book for a co-worker that has a teen age daughter that has a lot of anxiety. She has trouble going to different places, speaking in front of a class and/or teachers, and sometimes just getting out of the car to go into the school. I was really surprised how much anxiety a young person could have and how it affected my co-worker and the anxiety it gave her. After reading through this book I thought with the different strategies and identifying the triggers it would really help. I gave this book to them and they both have started reading it and it's beginning to help them work through some of her anxiety. The book covers a broad band of areas from teen's and technology to teen's self-harm and suicide. It's really a complete book with good strategies, quizzes and activities. The illustrations are cute too!

Unfortunately, teenagers can be really susceptible to mental illness, but teenagers don't tend to get the support they need. Mental illness is heavily stigmatized in our culture--teens have picked up on this, and can be cruel to people who may be neurodivergent. For these reasons, this book is a really important addition to any teenager's bookshelf. I picked it up for a friend's daughter, but read it

through first, and I was really impressed by the CBT that it walks the reader through. I found myself even picking up some tips, although for adults there are more detailed and clinical publications out there. I think this is a very comforting and well-researched book that I would have LOVED to have growing up, as a current adult anxiety sufferer who only recently identified appropriate responses.

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