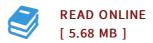




101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks (Paperback)

By Dr. Thomas McDonagh, Jon Patrick Hatcher

Ulysses Press, United States, 2016. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. 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.



Reviews

Thorough manual for ebook fans. it had been writtern quite properly and valuable. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Dr. Catherine Wehner

Absolutely among the best book I have possibly go through. I have go through and that i am certain that i am going to gonna read through once again again in the future. I am just delighted to tell you that this is basically the finest book i have got go through within my personal existence and could be he finest book for ever.

-- Brian Bauch