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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.



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