

When My Worries Get Too Big A Relaxation Book For Children Who Live With Anxiety

Meant for children aged 7-13, this book shows how to work at problem behaviour such as obsessions or yelling, and move on to alternative positive behaviours.

Wemberly worried about everything. Big things. Little things. And things in between. Then it was time for school to start. And Wemberly worried even more. If you ever worry (or know someone who does), this is the book for you.

The goal of *How To Stop Worrying And Start Living* is to lead the reader to a more enjoyable and fulfilling life, helping them to become more aware of, not only themselves, but others around them. Carnegie tries to address the everyday nuances of living, in order to get the reader to focus on the more important aspects of life. Dale Carnegie (1888–1955) was an American writer and lecturer and the developer of famous courses in self-improvement, salesmanship, corporate training, public speaking, and interpersonal skills. Born into poverty on a farm in Missouri, he was the author of *How to Win Friends and Influence People* (1936), a massive bestseller that remains popular today. He also wrote *How to Stop Worrying and Start Living* (1948), *Lincoln the Unknown* (1932), and several other books.

Bring fun and adventure back into your child's life. In *The Worry Workbook for Kids*, two respected psychologists offer fun, action-based activities grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and—most importantly—enjoy being a kid. Today's kids face intense pressures at school, with friends, and in life. But one of the most prevalent causes of worry in children is the fear of the unknown. Whether they are starting at a new school, trying out for a new sport, or going to a sleepover—for many kids who worry, it can be difficult moving from "What if?" to "Why not?" and trying new things. Sound familiar? Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over. Childhood is a precious time that goes by so quickly, and chronic worrying can take a hefty toll both mentally and physically. Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success. This workbook can help you do just that.

How To Stop Worrying And Start Living

Megachange

Freeing Your Child from Anxiety

No Worries

When my worries get too big

Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias

An Older Kid's Guide to Managing Anxiety

It all begins with a letter. Fall in love with Penguin Drop Caps, a new series of twenty-six collectible and hardcover editions, each with a type cover showcasing a gorgeously illustrated letter of the alphabet. In a design collaboration between Jessica Hische and Penguin Art Director Paul Buckley, the series features unique cover art by Hische, a superstar in the world of type design and illustration, whose work has appeared everywhere from Tiffany & Co. to Wes Anderson's recent film Moonrise Kingdom to Penguin's own bestsellers Committed and Rules of Civility. With exclusive designs that have never before appeared on Hische's hugely popular Daily Drop Cap blog, the Penguin Drop Caps series debuted with an 'A' for Jane Austen's Pride and Prejudice, a 'B' for Charlotte Brönte's Jane Eyre, and a 'C' for Willa Cather's My Ántonia. It continues with more perennial classics, perfect to give as elegant gifts or to showcase on your own shelves. R is for Rushdie. Set in an exotic Eastern landscape peopled by magicians and fantastic talking animals, Salman Rushdie's classic children's novel Haroun and the Sea of Stories inhabits the same imaginative space as Gulliver's Travels, Alice in Wonderland, and The Wizard of Oz. Haroun, a 12-year-old boy sets out on an adventure to restore the poisoned source of the sea of stories. On the way, he encounters many foes, all intent on draining the sea of all its storytelling powers.

Do you have frequent feelings of worry, nervousness or unease? Do you wish you could be more confident and self-assured? In this book you will learn tips and techniques for positive thinking, the benefits of mindfulness and how to build your confidence, from the way you speak and breathe to the way you stand. With advice on healthy lifestyle habits and behaviour patterns, and how to manage your anxiety, How to Feel Less Anxious is your starting point for a happier, healthier you.

An interactive workbook for children and a teaching tool for parents and professionals, the book uses images of feelings and gradated colors to teach children how to deal effectively with gradated levels of emotions.

Presents ways for young children with anxiety to recognize when they are losing control and constructive ways to deal with it.

And What Parents Can Do to Help

The Incredible 5-point Scale

How Big Are Your Worries Little Bear?

How to Navigate Clueless Colleagues, Lunch-Stealing Bosses, and the Rest of Your Life at Work

Haroun and the Sea of Stories

The Worries

Ask a Manager

This New York Times and USA TODAY bestseller is the perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety. Give it to fans of *The Confidence Code for Girls* and Raina Telgemeier's *Guts*. Now more than ever, kids need to feel empowered as they work through anxiety, overwhelm, and uncertainty brought on by the world around them. With its helpful, hands-on suggestions and tips, **SUPERPOWERED will be embraced by every kid with insecurities, worries, and anxious thoughts. Renee Jain (founder of GoZen!) and Dr. Shefali Tsabary (New York Times bestselling author and Oprah contributor) make readers the superheroes of their own stories. They introduce a toolkit of easy-to-understand methods for recognizing anxious behaviors, identifying the root causes of worried thinking, and realizing that strength can be found in reclaiming one's inner superpowers. With the help of humorous artwork and interactive elements, readers find their P.O.W.E.R. (an acronym that inspires mindfulness and resilience practices) and gain lasting mental strength.**

A dazzling, sublimely funny debut that follows three unforgettable women who fight back after life kicks them in the teeth. Esther, Frankie, and Ruth live in a small Ohio town anchored by the thriving Juliet Pencils factory. After a freak accident at the plant, these women have to re-create their lives using the only tools they've got: wits, molars, and a new pair of shoes. Esther is an anxious person with a very specific prowess: she bites pencils. Her skill pays her bills but more importantly keeps her many worries in check. When the

accident leaves her suddenly unemployed, she searches for new ways to manage her anxiety, but nothing works. She must discover a solution before her teeth mutiny and her worries take over. Frankie, the teenage daughter of the pencil factory owner, is full of contradictions. She wages a campaign to become the only girl in an all-boys club and listens exclusively to punk music, but she also watches soap operas in secret. After the accident damages Frankie's ability to speak, she is forced to step out of her powerful mother's shadow so she can discover who she is and what she wants to say. Ruth owns the local photography lab. She spends her days processing people's happy memories but spends her nights alone, talking to her dead husband. As the town unravels, Ruth spearheads a massive campaign to refocus on its future, but nothing will succeed until Ruth lets go of her past. This hilarious and redemptive story explores three women's liberation amid a tumult of grief, loneliness, and first love.

An illustrated children's book with tips on how to recognize and cope with anxiety. Guided by the original workbook 'When My Worries Get Too Big!' by Kari Dunn Buron.

Little Bear is a worrier. He worries about everything! But with Mama Bear's help, he soon learns his worries are not so big after all. Through this engaging story children will learn that everyday worries and fears can be overcome. Discussion questions and extra hints to help children manage anxiety are included.

A Book of Feelings

Superpowered

A Relaxation Book for Children who Live with Anxiety

Transform Anxiety into Courage, Confidence, and Resilience

Anxiety Relief Book for Kids

I Am Stronger Than Anxiety

The Worry Workbook for Kids

Supplies chronic worriers with a strategy for beating the worry addiction

The Truth Pixie meets Pixar's Inside Out in this hilarious, heartfelt and highly illustrated new series, perfect for helping children gently work through their worries and concentrate on having fun. Everyone feels worried sometimes. But what if your worries came to life and started following you around? Sohal worries about a lot of things - the dark, mutant sheep, not having any friends - you name it, he worries about it! So one night he draws his worries to make himself feel better - and somehow they look a lot less worrying once he's scribbled them down . . . Imagine Sohal's surprise when he wakes up the next morning, and finds a set of funny furry friends at the end of his bed! His worries have come to life, and it's not long before Hurt, Fail, Anger, Big and Alone have turned his world upside down. Now it's up to Sohal to work out how to keep his worries under control - and have some serious fun while he's at it . . .

A young girl explores what different emotions feel like, such as happiness which makes her want to twirl, or sadness which feels as heavy as an elephant.

Often face with kids' anxiety and still have no idea how to deal with children's big emotions and feelings? Try this entertaining picture book and learn how to help children cope with their worry and stress. All children worry from time to time and it is a normal part of growing up. But, when anxiety becomes overwhelming, it can greatly affect kids' behavior. It may lead to a feeling of stress, exhaustion, isolation and many others. It is very important to be aware of these emotions and to know how to deal with them in a healthy way. This activity book captures children's attention, provides kid-friendly entry points into understanding the essence of the feeling of anxiety, and is a perfect tool for educating them about how to overcome worries, fear and phobias. This cute book about Little Nick: contains lovely illustrations and a lightly rhyming storyline. helps children recognize and manage their anxiety by interacting with animals in a funny way. provides tips and techniques on what to do when your children feel worried, nervous, anxious or scared. delivers important messages aimed at improving kids' self-regulation skills. teaches children to understand their emotions and feelings and to improve their emotional intelligence. includes a bonus activity game. This storybook is a continuation of Nick's adventures from the World of Kids Emotions books' series. The first book of the series became an Amazon Bestseller. ***Even if you have tried everything, this book is perfect for gaining a deeper understanding of children's anxiety and how to help kids control their worry. We highly recommend it for preschoolers, primary school students and toddlers. It is an excellent addition to a toolkit for parents, teachers and counselors.

Tips and Techniques to Help You Say Goodbye to Your Worries

What to Do When You Worry Too Much

What to Do When Worries Get Big

The Hidden Strengths of Learning and Succeeding at Your Own Pace

Unwinding Anxiety

Activities to Understand and Overcome Worry, Fear, and Stress

Not to Worry!

When your child is anxious, it's easy to get anxious too. You want to help your child regain a sense of peace and safety, but how can you? This world is big and scary, and sometimes our worries get big too. Julie Lowe, a skilled family counselor with more than twenty years of experience, guides parents in assessing their child's anxiety and gives practical ways to encourage and help worried children. She leads parents away from quick fixes that contribute to dependencies and points them to Christ, the One who is always available, loving, and powerful.

Big, unexpected changes are here to stay. Slow, incremental change has become a relic of the past. Today's shifts come fast and big, what Darrell West calls megachanges, in which dramatic disruptions in trends and policies occur on a regular basis. Domestically, we see megachange at work in the new attitudes and policies toward same-sex marriage, health care, smoking, and the widespread legalization of marijuana use. Globally, we have seen the extraordinary rise and then collapse of the Arab Spring, the emergence of religious zealotry, the growing influence of nonstate actors, the spread of ISIS-fomented terrorism, the rise of new economic and political powers in Asia, and the fracturing of once-stable international alliances. Long-held assumptions have been shattered, and the proliferation of unexpected events is confounding experts in the United States and around the globe. Many of the social and political institutions that used to anchor domestic and international politics have grown weak or are in need of dramatic reform. What to do? West says

that we should alter our expectations about the speed and magnitude of political and social change. We also need to recognize that many of our current governing processes are geared to slow deliberation and promote incremental change, not large-scale transformation. With megachange becoming the new normal, our domestic and global institutions must develop the ability to tackle the massive economic, political, and social shifts that we face.

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

From the creator of Perfectly Norman comes a sensitive and reassuring story about what to do when a worry won't leave you alone. Meet Ruby--a happy, curious, imaginative girl. But one day, she finds something unexpected: a Worry. It's not such a big Worry, at first. But every day, it grows a little bigger . . . And a little bigger . . . Until eventually, the Worry is ENORMOUS and is all she can think about. But when Ruby befriends a young boy, she discovers that everyone has worries, and not only that, there's a great way to get rid of them too . . . This perceptive and poignant story is the perfect springboard for talking to children about emotional intelligence and sharing hidden anxieties. The Big Bright Feelings picture books provide kid-friendly entry points into emotional intelligence topics--from being true to yourself, to worrying, to anger management, to making friends. These topics can be difficult to talk about. But these books act as sensitive and reassuring springboards for conversations about mental and emotional health, positive self-image, building self-confidence, and managing feelings. Read all the books in the Big Bright Feelings series! Perfectly Norman Ruby Finds a Worry Ravi's Roar

A Kid's Guide to Coping with Big Emotions—Follow the Arrows from Anxiety to Calm

Wemberly Worried

My Monster and Me

A Book to Help Children Manage and Overcome Anxiety, Anxious Thoughts, Stress and Fearful Situations

Assisting Students with Autism Spectrum Disorders in Understanding Social Interactions and Controlling Their Emotional Responses

Free Your Child from Fears and Worries and Create a Joyful Family Life

A Kid's Guide to Overcoming OCD

Bullying and burglars. Being laughed at and being left alone. Accidents, illness, family break up and moving home. Tests at school, changing school. And monsters under the bed. This book helps children learn how to deal with real and imagined worries. It explains what worry is and where it comes from. It explains how and why worries make people think and feel the way they do. Put Your Worries Away understands what is in a worrier's head and body. It suggests ways in which a child can learn to overcome anxiety. With this book, children can learn solutions that really work so that they feel more in control, able to engage with their lives and keep their worries in perspective.

This essential guide covers a multitude of worries and anxieties that a young person may face while growing up – from peer pressure to puberty and all the worries in between. This friendly and funny book aims to reassure tweens that their worries and fears are normal and offers practical tips for managing anxiety and stress, such as practicing mindfulness and meditation. Children over 10 often have to deal with a bigger, scarier school, and increased pressure to study and get good grades while making and maintaining friendships. Add to that the non-stop nature of social media and the added pressure that it brings, and it's no surprise anxiety and depression is on the increase. From problems at school to relationship woes, body image issues to troubles at home, all worries are recognised and case studies and questions from 'real-life' anonymous readers offer positive tips and advice to help young people survive angst and stress that can bring them down. Among the other topics covered: Bullying Drugs and alcohol Separation and divorce Sex and sexuality Unrequited love and being dumped Focusing on the emotional wellbeing and mental health of tweens, this survival guide to help young people cope with the worries and anxieties of growing up is full of thoughtful and humorous illustrations and provides sensitive treatment of difficult issues.

One of the world's foremost experts on anxiety in children provides a guide to recognizing and alleviating a range of debilitating fears. Anxiety affects more children and teens than any other psychiatric illness, but it's also the most treatable emotional disorder. Some 25 percent of children and adolescents will suffer an anxiety disorder at several points in their lifetime, resulting in serious problems in their ability to function in school, with peers, and on a general day-to-day basis. A renowned researcher and clinician who has developed groundbreaking, proven coping strategies illuminates a new path to fear-free living for families. You and Your Anxious Child differentiates between separation anxiety, generalized anxiety, and social phobia, and guides parents on when and how to seek intervention. With moving case studies, such as Jon's, whose mother quit her job because his separation anxiety compelled her to stay with him full-time, this book elucidates the nightmare that families can be living, and helps them understand that they are not alone. Every step of the way, Albano illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents, too. You and Your Anxious Child brings much-needed hope to families, helping them shape a positive new vision of the future.

An illustrated children's book with tips on how to recognize and cope with anxiety. Expanded 2nd ed. includes teaching ideas for parents and educators and other professionals.--Publisher.

You and Your Anxious Child

Helping Children to Overcome Anxiety and the Fear of Uncertainty

A Guided Journal to Help You Calm Anxiety, Relieve Stress, and Practice Positive Thinking Each Day

The Book of No Worries

A Kid's Guide to Overcoming Anxiety

How to Free Yourself from Unnecessary Anxiety and Channel Your Worries Into Positive Action

How to Feel Less Anxious

When little Willow is overwhelmed by big worries, her friends and family step in to offer biblical wisdom and practical steps to help her face down her worry and keep it from winning.

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

Why does my child seem to worry so much? Being the parent of a smart child is great—until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often let their imaginations ruin wild and experience fears beyond their years. So what can you do to help? In Why Smart Kids Worry, Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past. Edwards focuses on how to parent a child who is both smart and anxious and brings her years of experience as a therapist to give you the answers to questions such as:

•How do smart kids think differently? •Should I let my child watch the nightly news on TV? •How do I answer questions about terrorists, hurricanes, and other scary subjects? Edwards's fifteen specially designed tools for helping smart kids manage their fears will help you and your child work together to help him or her to become more relaxed and worry-free.

Allison Edwards, author of the best-selling book Why Smart Kids Worry, gives a glimpse into the ways worry whispers to young minds, and offers a powerful tool all children can use to silence those fears.

"Worry's songs tie my tummy up in knots, and the things he says make my heart beat very fast.

Sometimes he speaks in a whisper, and other times his voice gets so loud I can't hear anything else."

Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, Worry Says What? will help children (and adults) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.

Children's Book about Overcoming Worries, Stress and Fear (World of Kids Emotions)

Ruby Finds a Worry

New Science Shows How to Break the Cycles of Worry and Fear to Heal Your Mind

Why Do I Feel So Worried?

Outsmarting Worry

Helping Your Anxious Child

I Keep My Worries in My Teeth

Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is. In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety. No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow.

www.broadwaybooks.com From the Trade Paperback edition.

A groundbreaking exploration of what it means to be a late bloomer in a culture obsessed with SAT scores and early success, and how finding one's way later in life can be an advantage to long-term achievement and happiness. We live in a society where kids and parents are obsessed with early achievement, from getting perfect scores on SATs to getting into Ivy League colleges to landing an amazing job at Google or Facebook--or even better, creating a startup with the potential to be the next Google or Facebook or Uber. We see software coders becoming millionaires or even billionaires before age 30 and feel we are failing if we are not one of them. But there is good news. A lot of us--most of us--do not explode out of the gates in life. That was true for author Rich Karlgaard, who had a mediocre academic career at Stanford (which he got into by a fluke), and after graduating, worked as a dishwasher, nightwatchman, and typing temp before finally finding the inner motivation and drive that ultimately led him to start up a high-tech magazine in Silicon Valley, and eventually to become the publisher of Forbes magazine. There is a scientific explanation for why so many of us bloom later in life. The executive function of our brains doesn't mature until age 25--and later for some. In fact our brain's capabilities peak at different ages. We actually enjoy multiple periods of blooming in our lives. Based on several years of research, personal experience, and interviews with neuroscientists and psychologists, and countless people at different stages of their careers, Bloom reveals how and when we achieve full potential--and why an algorithmic acuity in math is such an anomaly in terms of career success.

Simple yes-or-no questions help kids ages 7 to 12 find the right calming activities for every kind of anxiety It can be tough for kids with growing minds to work through their worries and self-soothe when they're spiraling. This interactive, step-by-step guide is here to help! In Why Do I Feel So Worried?, children can follow an easy-to-use, colorfully illustrated flowchart to . . . Name the emotion they're struggling with (like stress) Figure out its source (for instance, homework problems) Calm down with an

easy activity (such as a soothing script) Every tried-and-tested strategy—from breathing techniques to meditations, affirmations, and more—offers in-the-moment relief to anxious children. And throughout, notes to caregivers explain the underlying psychology along with how (and when) to offer help. Kids might not always be able to solve what's worrying them—but they do have the power to help themselves feel better!

Why does your toddler get upset when his or her routine is disrupted? Why do they follow you from room to room and refuse to play on their own? Why are daily routines such as mealtimes, bath time, and bed time such a struggle? This accessible guide demystifies the difficult behaviors of anxious toddlers, offering tried-and-tested practical solutions to common parenting dilemmas. Each chapter begins with a real life example, clearly illustrating the behavior from the parent's and the toddler's perspective.

Once the toddler's anxious behavior has been demystified and explained, new and effective parenting approaches are introduced to help parents tackle everyday difficulties and build up their child's resilience, independence, and coping mechanisms. Common difficulties with bath time, toileting, sleep, eating, transitions, social anxiety, separation anxiety, and sensory issues are solved, along with specific fears and phobias, and more extreme behaviors such as skin picking and hair pulling. A must-read for all parents of anxious toddlers, as well as for the professionals involved in supporting them.

Late Bloomers

Kids Can Cope: Put Your Worries Away

Worry Says What?

A Relaxation Book for Children Who Live with Anxiety

What to Do when Your Brain Gets Stuck

Economic Disruption, Political Upheaval, and Social Strife in the 21st Century

Why Smart Kids Worry

From the creator of the popular website Ask a Manager and New York's work-advice columnist comes a witty, practical guide to 200 difficult professional conversations—featuring all-new advice! There's a reason Alison Green has been called "the Dear Abby of the work world." Ten years as a workplace-advice columnist have taught her that people avoid awkward conversations in the office because they simply don't know what to say. Thankfully, Green does—and in this incredibly helpful book, she tackles the tough discussions you may need to have during your career. You'll learn what to say when • coworkers push their work on you—then take credit for it • you accidentally trash-talk someone in an email then hit "reply all" • you're being micromanaged—or not being managed at all • you catch a colleague in a lie • your boss seems unhappy with your work • your cubemate's loud speakerphone is making you homicidal • you got drunk at the holiday party Praise for Ask a Manager "A must-read for anyone who works . . . [Alison Green's] advice boils down to the idea that you should be professional (even when others are not) and that communicating in a straightforward manner with candor and kindness will get you far, no matter where you work."—Booklist (starred review)

"The author's friendly, warm, no-nonsense writing is a pleasure to read, and her advice can be widely applied to relationships in all areas of readers' lives. Ideal for anyone new to the job market or new to management, or anyone hoping to improve their work experience."—Library Journal (starred review) "I am a huge fan of Alison Green's Ask a Manager column. This book is even better. It teaches us how to deal with many of the most vexing big and little problems in our workplaces—and to do so with grace, confidence, and a sense of humor."—Robert Sutton, Stanford professor and author of The No Asshole Rule and The Asshole Survival Guide "Ask a Manager is the ultimate playbook for navigating the traditional workforce in a diplomatic but firm way."—Erin Lowry, author of Broke Millennial: Stop Scraping By and Get Your Financial Life Together

New York Times and Wall Street Journal bestseller A step-by-step plan clinically proven to break the cycle of worry and fear that drives anxiety and addictive habits We are living through one of the most anxious periods any of us can remember. Whether facing issues as public as a pandemic or as personal as having kids at home and fighting the urge to reach for the wine bottle every night, we are feeling overwhelmed and out of control. But in this timely book, Judson Brewer explains how to uproot anxiety at its source using brain-based techniques and small hacks accessible to anyone. We think of anxiety as everything from mild unease to full-blown panic. But it's also what drives the addictive behaviors and bad habits we use to cope (e.g. stress eating, procrastination, doom scrolling and social media). Plus, anxiety lives in a part of the brain that resists rational thought. So we get stuck in anxiety habit loops that we can't think our way out of or use willpower to overcome. Dr. Brewer teaches us to map our brains to discover our triggers, defuse them with the simple but powerful practice of curiosity, and to train our brains using mindfulness and other practices that his lab has proven can work. Distilling more than 20 years of research and hands-on work with thousands of patients, including Olympic athletes and coaches, and leaders in government and business, Dr. Brewer has created a clear, solution-oriented program that anyone can use to feel better - no matter how anxious they feel.

Are anxiety and worried thoughts making you feel restless and panicked? Are they preventing you from feeling positive and optimistic about your day-to-day life? If so, manage your thoughts and lift your spirits using this beautiful daily journal as your guide. No Worries is a 12-week anxiety journal that will help you process what's on your mind and gently re-frame your thoughts, so you can manage your worries before they start to spiral out of control. It was designed to meet you where you are now and guide you toward developing a practice of taking a few minutes each day to reflect on your thoughts, identify the sources of your anxiety, get in the habit of positive thinking, and prioritize your overall wellness and mental health. No Worries includes: Daily Journaling Pages Space to check in on your mood, reflect on your thoughts and anxiety triggers, practice daily gratitude, and honor any positive thoughts or moments from your day. Self-Care Ideas: Suggestions for simple ways to take care of yourself and start to feel better. Emotional Support Cheat Sheet: Write down who you love, what you value, things you enjoy, and favorite quotes for whenever life feels uncertain Mindfulness Matters: Tips for finding a few minutes of peace and quiet each day. Fear-Setting Exercises Manage your biggest worries and shift your perspective so you can stop stressing and take meaningful action. Habit Trackers: A page to help you remember to prioritize self-care and the habits that are important to you each week. Therapy Reflections: Reflect on your sessions (if you are seeing a therapist or counselor) and record what you learned and how it made you feel. Monthly Progress: Pages for you to look back on your month overall and check in on your satisfaction in different areas of your life. Anxiety might be making you feel like you're walking on pins and needles. But by using the No Worries journal, you'll be making a positive step forward toward coping with your anxiety, caring for your mental health, and feeling better each day.

"Wherever this little boy goes, his worry monster follows. Can he learn how to leave his monster behind?" -- Cover.

In My Heart

When My Worries Get Too Big!

How to Control and React to the Size of Your Emotions

What Do I Do with Worry?

A Little SPOT of Anxiety

My Book Full of Feelings

A Story about Calming Your Worries

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher. Help kids find freedom from anxiety with engaging activities for ages 8 to 12 Dealing with anxiety is tough, but with the right tools, kids can learn how to handle it in a healthy way so they can get back to the fun of being a kid. Anxiety Relief Book for Kids is the perfect introduction to anxiety books for kids, full of information and exercises to help kids build skills for finding peace and facing their fears with confidence. This standout among anxiety books for kids includes: An understanding of worries--Unlike many other anxiety books for kids, this one teaches them where worries come from, what they feel like, and ways to conquer them. Real-life solutions--Kids will learn to notice when their worries are causing problems, recognize what their feelings are trying to tell them, and come up with ideas for making their worries feel smaller. A range of fun activities--Writing, drawing, and meditating will help kids calm their bodies and quiet their thoughts. Proven strategies--Kids can start finding relief through exercises based in mindfulness, cognitive behavioral therapy, and exposure therapy. Help kids show their worries who's boss with help from this empowering choice in anxiety books for kids.

How to Parent Your Anxious Toddler