



Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, Everywhere Else

By Christopher Willard Psyd

Instant Help Books. Paperback. Book Condition: New. Paperback. 168 pages. Dimensions: 9.8in. x 7.9in. x 0.5in. Being a teen is hard enough without anxiety getting in the way. You are changing more than ever before, not just physically, but mentally. And if you suffer from panic attacks, chronic worry, and feelings of isolation, it can be very difficult to meet your goals and succeed. The good news is that there are real, powerful ways that you can take control of your anxiety and your life! In Mindfulness for Teen Anxiety, psychologist and learning specialist Christopher Willard offers teens like you proven-effective, mindfulness-based practices to help you cope with your anxiety, identify common triggers (such as dating or school performance), learn valuable time-management skills, and feel more calm at home, at school, and with friends. You'll learn tips for dealing with specific situations that cause anxiety, such as public speaking, social anxiety, test anxiety, and more. You'll also learn special breathing exercises to help calm you in moments of panic, and guided visualization exercises to help you stay cool and collected, even in the tensest situations. If you are ready to move past your anxiety, panic, and worry and start living the life you...



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Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III