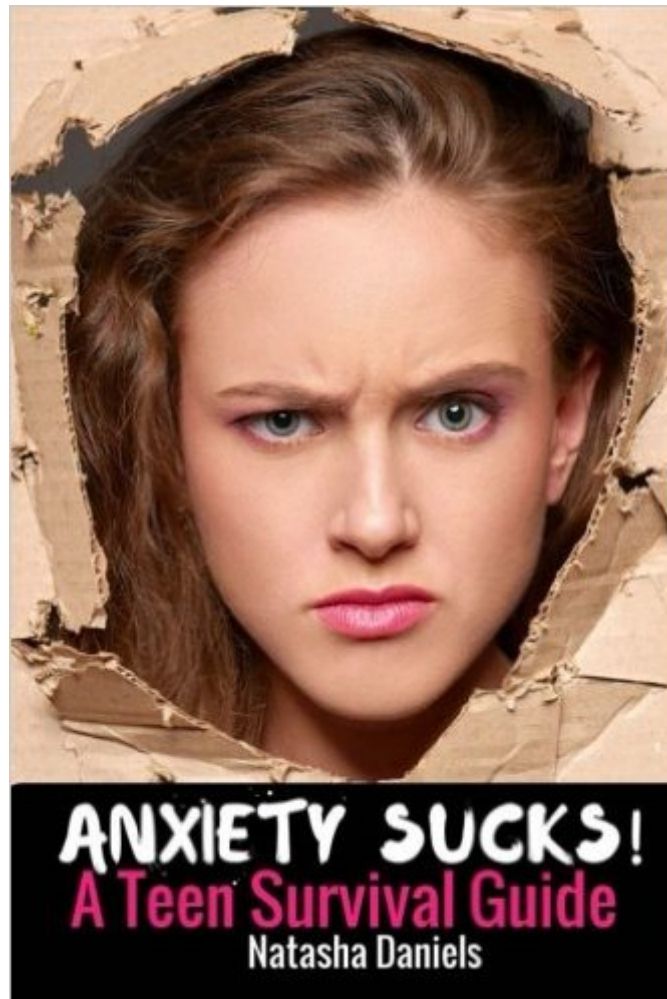


The book was found

Anxiety Sucks! A Teen Survival Guide (Volume 1)



Synopsis

Is your anxiety kicking your teen's butt? Are they tired of boring, long self-help books that do anything but help? Are they annoyed by suggestions that show the author doesn't really get anxiety? I get it. I also get anxiety. I have lived it and so have the thousands of kids I have helped in my therapy practice. Until you have lived it " you will never understand anxiety's insidious moves. Anxiety Sucks! Teen Survival Guide is short and to the point. You are welcome. Have them read it. Practice it. Repeat. Kids don't want to read long, boring books on anxiety. In my practice parents will often ask for book suggestions. I provide them. They buy them. The kids never read them. Trust me, I know. I ask the kids. I finally decided to write my own book that is short, to the point and offers a death blow to the anxiety dictator living in their head. A book I know kids will be able to get through in one or two sittings. A book that will teach kids how their little dictator rules their mind and tricks them into making their anxiety grow. And finally, a book that will help them develop mad skills to counterattack their dictator and show him who is boss. Every kid being bullied by anxiety should be armed with the skills this book provides. Every parent raising an anxious kid should read this and gain insight into what their kids are going through each day.

Book Information

Series: Teen Survival Guide

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Product Dimensions: 6 x 0.2 x 9 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars [See all reviews](#) (5 customer reviews)

Best Sellers Rank: #97,857 in Books (See Top 100 in Books) #129 in [Books > Self-Help > Anxieties & Phobias](#)

Customer Reviews

This book is absolutely wonderful! I have two children that suffer greatly from anxiety and one is already starting the book. I read it first so I could help them with the same advice and understand the process. It's a very quick read but hits the points home so well that you finish it with a bit of shock of all the clarity that just popped out. I simply can not wait for my children to finish it. I will also

save it for one of my younger children who has Aspergers for the appropriate time for him to read it.
Thank you so much for this book!!

This is a great book for teens to help them understand the underlying causes of their anxiety and work on practical steps they can take to conquer it. One of the things I love is that the author is honest about her own struggles. She really gets where teens are coming from, because she's been there. She also acknowledges that it's not always going to go perfectly when you're trying to defeat anxiety, but continuing to try and making small steps toward defeating anxiety is what's most important. I will definitely be recommending this book to my teen clients!

Super practical insights with steps that can be undertaken immediately - written in a style that is very accessible for teens of all ages.

Beautifully Written

helpful book

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Anxiety Sucks! A Teen Survival Guide (Volume 1) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Survival: Survival Guide: Survival Skills, Survival Tools, & Survival Tactics. Emergency Prepping, & Surviving A Disaster! (First Aid, Survival Skills, Emergency ... Medicine, Bushcraft, Home Defense Book 1) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) MENTAL ILLNESS: Learn the Early Signs of Mental Illness in Teens (Teen mental illness, teen mental health, teen issues, peer issues, treatment) Survival: DIY Survival Guide - Tactics That Everyone Should Know - Learn How to Survive a Disaster (Survival, Survival Guide, Prepping, SHTF Book 1) The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Paracord: The Ultimate Paracord Projects - Learn How To Use Paracord For Survival (Survival Guide, Bracelet

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