



Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help)

Christopher Willard

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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 were meant to live, this book will be your guide—every step of the way.

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