

Anxiety

Books available online and other locations

Breaking Free of Child Anxiety and OCD by Eli Lebowitz.

From understanding child anxiety and OCD, to learning how to talk with an anxious child, to avoiding common traps and pitfalls (such as being overly protective or demanding) to identifying the ways in which parents have been enabling a child's anxious behaviors, this book is full of detailed guidance and practical suggestions.

The Invisible String by Patricia Karst.

This heartwarming picture book for all ages explores questions about the intangible yet unbreakable connections between us, and opens up deeper conversations about love.

Freeing Your Child from Obsessive-Compulsive Disorder: Powerful, Practical Strategies for Parents of Children and Adolescents by Tamar Chansky, Ph.D., 2001.

A book for parents, therapists and teachers which cracks the code of a confusing disorder and describes in detail the steps to take in tackling the four themes of OCD: contamination, checking, symmetry and intrusive bad thoughts.

Freeing Your Child from Negative Thinking by Tamar Chansky, Ph.D., 2008.

A book for parents and professionals to help arm children with powerful techniques to overcome negative spins. These strategies are for any child who is self-critical, gives up easily, hates to lose, has trouble dealing with disappointment and failure large and small, and has trouble finding the good in his or her day, or life.

Mr. Worry: A Story about OCD by Holly Niner, Albert Whitman, 2004.

A storybook for children about OCD and its treatment. "Soft soothing artwork accompanies a quiet story about a young boy trying to overcome the terrors of obsessive-compulsive disorder (OCD) in his daily life." -School Library Journal.

I Can't Stop: A story about Tourette Syndrome by Holly Niner, Albert Whitman, 2005.

A story for children about tics and Tourette Syndrome. The doctor tells Nathan that the repeated movements (tics) his body makes might be Tourette Syndrome. With the help of his doctor, parents, and best friend, Nathan learns about managing his tics.

Anxious 9 to 5 by Larina Kase, Psy.D., MBA.

This self-help book for adults offers cognitive-behavioral solutions for workplace anxiety, from doubting your decisions to perfectionism, procrastination, public speaking anxiety, and fears of failure. Beat anxiety and develop greater workplace confidence and success.

Tics and Tourette's: Breakthrough Discoveries in Natural Treatments by Sheila J. Rogers.

A leading guide for parents and professionals, the discoveries in this book shed new light on innovative treatments for these perplexing neurological diagnoses with relevance beyond tic disorders. The role of allergies, additives and environmental factors are some of the many important influences explored in this extremely useful book.

Facing Mighty Fears About Animals by Dawn Huebner, Ph.D.

Teaches children techniques to shrink over-size fears. Written with warmth and humor, and chock full of Fun Facts about bees, dogs, spiders and snakes, this book is a game-changer. A Note to Parents and Caregivers, along with a supplemental Resource Page, make this the perfect guide for families and mental health counselors.

Facing Mighty Fears About Health by Dawn Huebner, Ph.D.

Teaches children to manage scary thoughts more effectively. Fun Facts about the body engage children as they practice the 3 steps sure to ease false-alarm fears. A Note to Parents and Caregivers, along with a supplemental Resource Page, make this the perfect guide for families and mental health counselors.

Facing Mighty Fears About Throwing Up by Dawn Huebner, Ph.D.

Teaches specific techniques to help shrink this surprisingly common phobia, helping children accept that puke happens, and life goes on. A Note to Parents and Caregivers, along with a supplemental Resource Page, make this the perfect guide for families and mental health counselors.

Facing Mighty Fears About Trying New Things by Dawn Huebner, Ph.D.

Teaches children to manage uncertainty about new experiences. Fun Facts, First Time Acts, and illustrations featuring diverse children engage readers while encouraging a gradual increase in bravery. A Note to Parents and caregivers, along with a supplemental Resource Page, make this the perfect guide for families and mental health counselors.

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Huebner, Ph.D.

An interactive self-help book designed to guide 6 – 12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Metaphors and humorous illustrations make difficult concepts easy to understand, while prompts to draw and write help children to master new skills related to reducing anxiety.

What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD by Dawn Huebner, Ph.D.

Guides children and their parents through the cognitive-behavioral techniques used to treat Obsessive Compulsive Disorder. This interactive self-help book turns kids into super-sleuths, able to recognize and more appropriately respond to OCD's tricks.

What To Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger by Dawn Huebner, Ph.D.

Guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids.

What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner, Ph.D.

The complete resource for educating, motivating, and empowering children to fall asleep and stay asleep – like magic!

What To Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity by Dawn Huebner, Ph.D.

Guides children and their parents through the cognitive behavioral techniques used to treat negative thinking. Lively metaphors and illustrations make difficult concepts easy to understand, allowing children to see life's hurdles in a new way.

What To Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More by Dawn Huebner, Ph.D.

Guides children and their parents through the cognitive-behavioral techniques used to treat a variety of habits.

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner, Ph.D.

Teaches 9 to 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.

The Sibling Survival Guide: Surefire Ways to Solve Conflicts, Reduce Rivalry, and Have More Fun With Brothers and Sisters by Dawn Huebner, Ph.D.

Speaks directly to children ages 9-12, teaching skills to help them manage feelings and resolve conflicts, strengthening the bonds between brothers and sisters.

Something Bad Happened: A Kid's Guide to Learning About Events in the News by Dawn Huebner, Ph.D.

Guides children ages 6 to 12 and the adults who care about them through tough conversations about serious world events, from environmental threats to human tragedies.

Sometimes I Worry Too Much, But Now I Know How to Stop by Dawn Huebner, Ph.D.

This is the story of Anna, a child whose worries get the best of her. Anna is frustrated when adults tell her to just stop worrying, a task that seems impossible to her. Anna meets a psychologist who teaches her cognitive-behavioral techniques to use when worries arise. These techniques are presented in enough detail to allow children reading the book to learn, as Anna learns, how to control worries.

Up and Down the Worry Hill (Third Edition) by Charles Mansueto, Ph.D., Scientific Advisory Board, Obsessive-Compulsive Foundation.

Describes OCD clearly and simply from a child's perspective. It attempts to give children with OCD a sense of control and hope in their lives. Hope and optimism are major factors in building the motivation and persistence that it takes to gain mastery over OCD. Children with OCD will identify with Casey's initial struggle with OCD, his sense of hope when he learns about treatment, his relief that neither he nor his parents are to blame, and eventually, his victory over OCD.

What to Do When Your Child Has Obsessive-Compulsive Disorder by Judith Rapoport, M.D., Professor and Chief, Child Psychiatry Branch, National Institute of Mental Health.

Step-by-step approach that countless children have used successfully to regain control from OCD. She provides parents and children with the blueprint to take charge of and master OCD. Her skill, compassion and expert guidance will give you hope, energy and resolve to conquer OCD.

Worried No More (Second Edition) by Aureen Pinto Wagner, Ph.D.

Packed with information, practical guidance and specific how-to steps to help children overcome worry, school refusal, separation anxiety, social anxiety, excessive shyness, panic, phobias, traumas and tragedies, obsessions and compulsions.