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Anxiety Sucks! A Teen Survival Guide (Teen Survival Guides Book 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

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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 author claims to make reading her book easy but in her effort to do so she she talks too much to say very little.

I like that this was a fast intro that deepened my understanding of what my kid feels. I am not anxious at all, but my daughter is-- and I need to help her get through it; this is a good place for me to start that understanding.

This is a great read. It's quick, easy and we'll written making you want to finish it. There is a lot of good info.

Daniels writes in terms that feel like a video game through thoughts. The player wins and knows how to win again.

I really enjoy the way this author presents the information. It gives you a very tangible way of understanding anxiety and how to recognize and manage it. It's a very quick and easy read. I would think any age from middle school on up would benefit from this book.

Super fast engaging read. Perfect for teens who struggle with dictators... and not bad to read as a parent, either.

My kiddo is only 9 but this was perfect for her.

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Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Anxiety Sucks! A Teen Survival Guide (Volume 1) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) 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) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens) Stuff That Sucks: A Teen's Guide to Accepting What You Can't Change and Committing to What You Can (The Instant Help Solutions Series) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Teen to Teen: 365 Daily Devotions by Teen Girls for Teen Girls Teen to Teen: 365 Daily Devotions by Teen Guys for Teen Guys The Ultimate Survival Guide for Beginners: The Best Tactics And Tips To Survive Urban And Wilderness Disasters (Survival Guide, Survival for Beginners, Survival books) A Beginner's Urban Survival Prepping Guide: Basic Urban Self Defense Guide And Survival Tips in the Prepping Urban Environment(The Prepper's Urban survival ... A Beginner's Urban Survival Prepping Anxiety: Rewire Your Brain to Overcome Anxiety, Stop Panic Attacks and Relieve Stress (Mindfulness Book 2) CARDIO SUCKS: The Simple Science of Losing Fat Fast...Not Muscle (The Muscle for Life Series Book 5) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Stress Sucks! A Girl's Guide to Managing School, Friends & Life Living With the Internet and Online Dangers (Teen's Guides) (Teen's Guides (Paper)) Living With Peer Pressure and Bullying (Teen's Guides) (Teen's Guides (Paper))

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