



# The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)

By Jennifer Shannon LMFT

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**Do you have problems with anxiety? *The Anxiety Survival Guide for Teens* is a much-needed, go-to guide to help you finally break free from the worry and ruminations that can get in the way of reaching your goals.**

If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether—leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you?

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

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### Editorial Review

From School Library Journal

Gr 7 Up—This installment of this series of health self-help guides for teens focuses on using cognitive-behavioral therapy to overcome anxiety. Everyone feels nervous or upset on occasion, says Shannon, but when anxiety negatively affects self-esteem and independence, additional support is needed. This easy-to-read volume helps readers recognize when the "monkey mind," or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios. **VERDICT** While this book isn't necessarily one that teens would self-select from the library shelves, it's a good option as a desk copy for middle and high school counselors.—Elaine Baran Black, Georgia Public Library Service, Atlanta

Review

"This easy-to-read volume helps readers recognize when the 'monkey mind,' or the primitive, instinctual part of the brain, is doing the thinking and offers advice in overcoming those thoughts. The author's strategies are practical and designed to help teens facing all kinds of anxiety-inducing scenarios."

—*School Library Journal*

"We know how to win over fearful worry. The skills take effort, but they are surprisingly simple. Now Jennifer Shannon places these tools directly into your hands. If you will act on her clever guidance, you can do more than survive, you can thrive."

—**Reid Wilson, PhD**, coauthor of *Anxious Kids, Anxious Parents* and *Playing with Anxiety: Casey's Guide for Teens and Kids*

"With clarity and fun, *The Anxiety and Survival Guide for Teens* offers effective cognitive behavioral strategies for teens to overcome their fear, worry, and panic. This book will not only help teens survive their anxiety, but will guide them out of the fear and worry that limits their lives. I highly recommend it."

—**Michael A. Tompkins, PhD**, author of *My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic* and codirector of the San Francisco Bay Area Center for Cognitive Therapy

"This is a terrific book for teens, explaining all the best that cognitive behavioral therapy, ACT, and mindfulness have to offer in terms that are engaging, fun, and easy to understand. Teens can easily recognize themselves in this book and become empowered to overcome their anxiety."

—**Karen Lynn Cassiday, PhD**, managing director at The Anxiety Treatment Center of Greater Chicago and clinical assistant professor at Rosalind Franklin University of Medicine and Science

"*The Anxiety Survival Guide for Teens* by Jennifer Shannon is a clear, concise, helpful guide with all the key tools to help you overcome your anxiety. Why suffer another day from anxiety when you can use these tools right now? Each chapter gives you powerful and easy-to-understand self-help tools to overcome the many difficulties that teens will face. I will recommend this to my colleagues and clients."

—**Robert L. Leahy, PhD**, director of the American Institute for Cognitive Therapy in New York, NY, and

author of *The Worry Cure: Seven Steps to Stop Worry from Stopping You*

“All parents want to lift the burden of stress from their teen’s shoulders, but many teens don’t want to talk about it. They do, however, desperately want to feel better. In a completely clear, accessible, and engaging way, Jennifer Shannon’s *Anxiety Survival Guide for Teens* tells teens exactly what they need to do to help themselves do just that. The simple exercises in this book teach teens how to break free from their anxiety and see themselves and their lives in a whole new light—a more realistic one. Every teen will benefit from the strategies Ms. Shannon provides. I highly recommend this wonderful book!”

—**Tamar Chansky, PhD**, author of *Freeing Your Child from Anxiety* and *Freeing Yourself from Anxiety: 4 Simple Steps to Overcome Worry and Create the Life You Want*

“Relief is on the way for anxious teens. *The Anxiety Survival Guide for Teens* teaches proven steps to uncover the causes and learn what to do to manage anxiety. Unlike many similar books, this guide addresses all types of anxiety with drawings and helpful stories about common situations faced by teens and young adults. Whether mildly or super anxious, complete the exercises in this book to get a grip on your anxiety.”

—**Christine A. Padesky, PhD**, psychologist and coauthor of *Mind Over Mood*

“This is the first self-help book I’ve ever read where the narrator doesn’t over-romanticize the possibilities to get better soon. What a relief! In a calm, orderly manner, author Jennifer Shannon characterizes and gives specific instructions for different kinds of anxiety: shyness and social anxiety, panic and agoraphobia, specific phobias, generalized anxiety, and obsessive-compulsive disorder (OCD). The tone is just so warm and pleasant, and every teen who suffers from anxiety—but doesn’t know what kind yet—can easily recognize him or herself in the detailed and often funny examples, without being scared to death. It’s the best introduction to cognitive behavioral therapy (CBT) that I’ve ever seen, and it’s amazing that it’s written specifically for teens, because they need it so much. I wish it had existed for little teenage me.”

—**Peter Henrichsen**, editor at Youth Culture Denmark

## About the Author

**Jennifer Shannon, LMFT**, is author of *The Shyness and Social Anxiety Workbook for Teens* and cofounder of the Santa Rosa Center for Cognitive-Behavioral Therapy in Santa Rosa, CA. She is a diplomate of the Academy of Cognitive Therapy.

Illustrator **Doug Shannon** is a freelance cartoonist.

## Users Review

### From reader reviews:

**Anthony Laflamme:**

The book The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) can give more knowledge and information about everything you want. Why must we leave a very important thing like a book The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)? Some of you have a different opinion about publication. But one aim in which book can give many information for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or data that you take for that, you may give for each other; you are able to share all of these. Book The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) has simple shape nevertheless, you know: it has great and massive function for you. You can seem the enormous world by wide open and read a reserve. So it is very wonderful.

**Jennifer Byler:**

Spent a free time for you to be fun activity to perform! A lot of people spent their leisure time with their family, or their very own friends. Usually they undertaking activity like watching television, about to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own free time/ holiday? Could possibly be reading a book is usually option to fill your cost-free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to try out look for book, may be the reserve untitled The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) can be very good book to read. May be it might be best activity to you.

**Sheila Robinson:**

That publication can make you to feel relax. That book The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) was bright colored and of course has pictures on there. As we know that book The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) has many kinds or style. Start from kids until youngsters. For example Naruto or Private investigator Conan you can read and think you are the character on there. So , not at all of book are usually make you bored, any it offers up you feel happy, fun and unwind. Try to choose the best book to suit your needs and try to like reading that will.

**Susan Ross:**

What is your hobby? Have you heard in which question when you got students? We believe that that question was given by teacher to their students. Many kinds of hobby, Everyone has different hobby. Therefore you know that little person such as reading or as studying become their hobby. You need to understand that reading is very important in addition to book as to be the point. Book is important thing to provide you knowledge, except your personal teacher or lecturer. You see good news or update concerning something by book. A substantial number of sorts of books that can you take to be your object. One of them is The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series).

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