

BOOKS FOR ANXIETY, WORRY, AND STRESS

BOOKS FOR CHILDREN

Is Worry Worrying You?, Ferida Wolff

Llama, Llama, Misses Mama!, Anna Dewdney

Mr. Worry: A Story About OCD, Holly Niner

Up and Down the Worry Hill, Aureen Pinto-Wagner

Wemberly Worried, Kevin Henkes

What To Do When You Worry Too Much, Dawn Huebner

What To Do When You're Worried and Scared: A Guide for Kids, James Crist

What To Do When Your Brain Gets Stuck, Dawn Huebner

When My Worries Get Too Big! A Relaxation Book for Children Who Live With Anxiety, Kari Dunn Buron

Wilma Jean and the Worry Machine, Julia Cook

Books For Stress

Mind Over Basketball: Coach Yourself To Handle Stress, Jane Weierbach

Totally Chill: My Complete Guide to Staying Cool A Stress Management Workbook For Kids, Christopher Lynch

Tyler Tames The Testing Tiger, Janet Bender

Books For Perfectionism

Nobody's Perfect: A Story For Children About Perfectionism, Ellen Flanagan Burns

The Girl Who Never Made Mistakes, Mark Pett

What To Do When Good Enough Isn't Good Enough: The Real Deal on Perfectionism A Guide For Kids, Thomas Greenspan

BOOKS FOR YOUTH/TEENS

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic, Michael Tompkins

The Anxiety Workbook for Teens: Activities To Help You Deal With Anxiety and Worry, Lisa Schab

The Shyness and Social Anxiety Workbook For Teens: CBT and ACT Skill To Help You Build Social Confidence, Jennifer Shannon

The Stress Reduction Workbook For Teens: Mindfulness Skills To Help You Deal With Stress, Gina Biegel

BOOKS FOR PARENTS

Freeing Your Child From Anxiety: Powerful, Practical Solutions To Overcome Your Child's Fears, Worries, and Phobias, Tamar Chansky

Helping Your Anxious Child: A Step-by-Step Guide For Parents, Ronald Rapee, Ann Wignall And Susan Spence

The Anxiety Cure For Kids: A Guide For Parents And Children, Elizabeth DuPont Spencer and Robert DuPont

What To Do When Your Child Has Obsessive-Compulsive Disorder: Strategies and Solutions, Aureen Pinto Wagner

Worried No More: Help and Hope For Anxious Children, Aureen Pinto Wagner