



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

By Michael A. Tompkins, Katherine A. Martinez

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'My Anxious Mind' outlines a simple and proven plan to help you understand and deal with your anxiety and panic. It is full of simple-to-use tools and strategies that easily fit into any teen's busy routine.

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Editorial Review

Review

Speaking directly to teens, the authors walk readers through recognizing anxiety and its effects, both physical and mental, then deliver recommended therapies, tools, and resources for overcoming it. First-person, "real-life" vignettes are included in each chapter, which allow teens to relate to situations in a peer-to-peer fashion. This title belongs in every middle and high school library and teen resource collection. --School Library Journal Extra Helping, March 10, 2010

Users Review

From reader reviews:

Kerri Goodman:

The book My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic make one feel enjoy for your spare time. You can utilize to make your capable more increase. Book can to become your best friend when you getting anxiety or having big problem with the subject. If you can make looking at a book My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic to get your habit, you can get much more advantages, like add your capable, increase your knowledge about a number of or all subjects. You can know everything if you like start and read a guide My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic. Kinds of book are a lot of. It means that, science book or encyclopedia or some others. So , how do you think about this guide?

Travis Ralls:

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Hal Clemens:

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