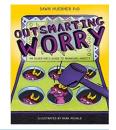
## CHOC Children's.

## **BOOKS FOR TEENS**



**Outsmarting Worry: An Older Kid's Guide to Managing Anxiety** | *October 19, 2017* 

by Dawn Huebner PhD and Kara McHale



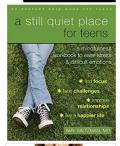
The Stress Reduction Workbook for Teens: Mindfulness Skills to Help You Deal with Stress | *August 1, 2017* 

by Gina M. Biegel, MA, LMFT



Anxiety Sucks! A Teen Survival Guide (Volume 1) Paperback | July 13, 2016

by Natasha Daniels



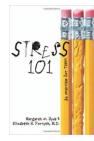
A Still Quiet Place for Teens: A Mindfulness Workbook to Ease Stress and Difficult Emotions (Instant Help Book for Teens) | *March 1, 2016* 

by Amy Saltzman, MD



The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) | September 1, 2015

by Jennifer Shannon, LMFT and Doug Shannon



Stress 101: An Overview for Teens (Teen Overviews) | December 15, 2007

by Margaret O. Hyde and Elizabeth H. Forsyth