

Anxiety Resources

1. Books for Bibliotherapy:

- "What to do when you worry too much" by Dawn Huebner
- Frances Waters: Healing the Fractured Child
- Joyanna Silberg: The Child Survivor
- Norma Jean, The Worry Machine
- When a Worry Worries You
- You've Got Dragons
- "Anxiety Workbook for teens" by Llsa M. Schab, LCSW
- The Opposite of Worry by Lawrence J. Cohen, Ph.D
- Worried No More: Help and Hope for Anxious Children by A. Wagner (2005)
- Worried No More: The One-Hour Workshop for Parents (CD Rom) by A. Wagner (Available at www.anxietywellness.com)
- Anxious Kids, Anxious Parents: 7 ways to Stop the Worry Cycle and Raise Courageous and Independent Children by R. Wilson and L. Lyons (2013)
- *The Worried Child: Recognizing Anxiety in Children and Helping Them Heal* by P. Foxman (2004)
- *The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties and Fears* by L. Cohen (2013)
- Creative CBT Interventions for Children with Anxiety Liana Lowenstein (20% off on her website)
- Please Explain Anxiety to Me: Simple Biology and Solutions for Children and Parents by Zellinger
- Is a Worry Worrying You?"
- Today I Feel Silly and Other Moods That Make My Day
- A Little Spot of Anxiety: A Story About Calming Your Worries by Diane Alber
- Winston Was Worried by Pamela Duncan Edwards (for 3-6 year olds)

Websites

Anxiety and Depression Association of America: www.adaa.org

Anxiety Wellness Center: www.anxietywellness.com

Worry Wise Kids: www.worrywisekids.org

Child Mind Institute: childmind.org