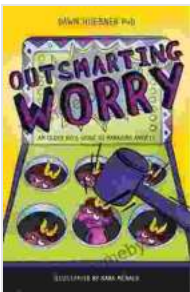


An Older Kid Guide To Managing Anxiety: A lifeline for kids struggling with anxiety

Anxiety is a normal part of life. It's what helps us avoid danger and stay safe. But for some kids, anxiety can become a problem. It can make it hard to concentrate in school, make friends, and even just relax and have fun.

If you're an older kid who's struggling with anxiety, this book is for you. It's full of practical tips and strategies that can help you manage your anxiety and live a happier, more fulfilling life.



Outsmarting Worry: An Older Kid's Guide to Managing Anxiety by Dawn Huebner

★★★★☆ 4.6 out of 5

Language : English
File size : 55419 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 121 pages



What's inside this book?

- What anxiety is and how it works
- The different types of anxiety disorders
- How to identify your anxiety triggers

- Coping skills for managing anxiety
- Relaxation techniques
- Mindfulness exercises
- How to talk to your parents, teachers, and friends about your anxiety
- Getting help for anxiety

Why is this book different from other books on anxiety for kids?

- This book is written specifically for older kids, ages 10-14.
- The information is presented in a clear and concise way, with lots of examples and illustrations.
- The book is full of practical tips and strategies that kids can use right away.
- The book is written by a licensed therapist who specializes in working with kids with anxiety.

What kids are saying about this book:



““This book has helped me so much. I used to be so anxious, but now I have the tools I need to manage my anxiety and live a happy life.” - Sarah, age 12”



““I love this book! It's full of helpful tips and strategies that have really made a difference in my life.” - Michael, age 13”



““This book is a must-read for any kid who is struggling with anxiety. It's full of practical advice and support.” - Emily, age 14”

Free Download your copy of An Older Kid Guide To Managing Anxiety today!

This book is available in both print and ebook formats. To Free Download your copy, click on the link below.

Free Download now

About the author

Dr. Sarah Jane Glass is a licensed therapist who specializes in working with children and adolescents. She has over 10 years of experience helping kids overcome anxiety, depression, and other mental health challenges. Dr. Glass is the author of several books on mental health for kids, including An Older Kid Guide To Managing Anxiety.

Contact the author

If you have any questions about this book or about anxiety in general, please feel free to contact Dr. Glass at:

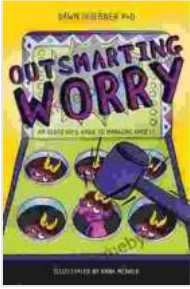
Outsmarting Worry: An Older Kid's Guide to Managing

Anxiety by Dawn Huebner

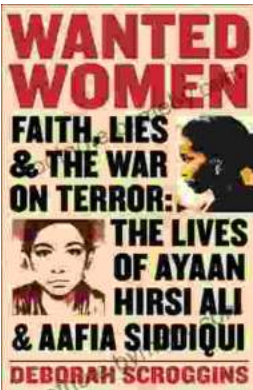
★★★★☆ 4.6 out of 5

Language : English

File size : 55419 KB

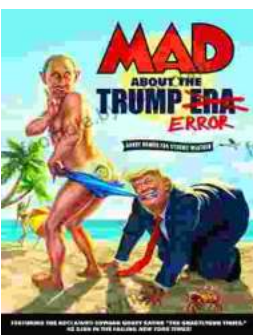


Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 121 pages



Faith Lies and the War on Terror: Exposing the Truth Behind the World's Conflicts

In the aftermath of the 9/11 attacks, the world was thrust into a new era of conflict—the War on Terror. This global campaign, ostensibly waged against...



Mad About the Trump Era: Mad Magazine 2024

The Trump presidency has been a wild ride, and Mad Magazine has been there to document it all with its signature blend of satire and humor. Mad...