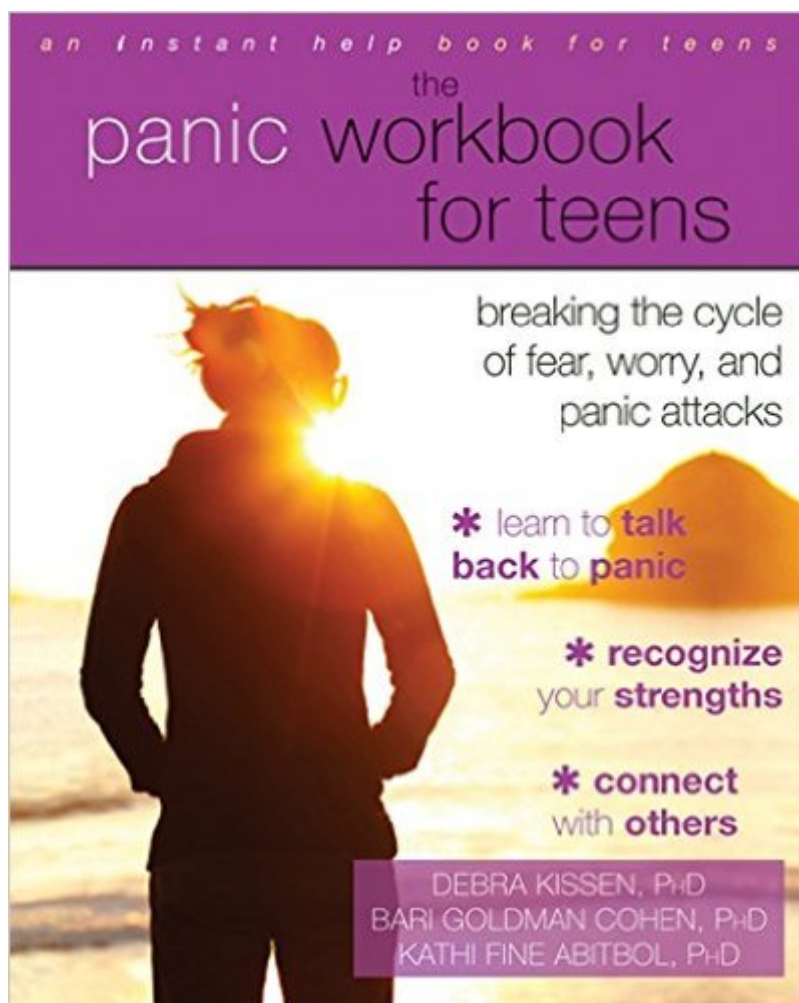


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# The Panic Workbook For Teens: Breaking The Cycle Of Fear, Worry, And Panic Attacks



## Synopsis

Panic attacks are scary, and can make you feel like you've lost control leading to more anxiety, stress, fear, and even depression. This easy-to-use workbook provides step-by-step instructions to help you identify anxiety-inducing thoughts, mindfully observe them, and stop the cycle of panic, once and for all. If you're like many other teens with a panic disorder, you may sometimes feel like walls are closing in on you, or that something dreadful is about to happen. The most frustrating thing about panic attacks is that they can happen anytime, anywhere sometimes when you least expect them and you may go through your day fearing another attack. So, how can you start managing your panic before it gets in the way of school, friends, and your life? In *The Panic Workbook for Teens*, three anxiety specialists will show you how to identify anxiety-causing thoughts and behaviors, mindfully observe your panic attacks instead of struggling against them, and experience sensations associated with panic until you discover that these sensations may be uncomfortable but not dangerous. No matter what situation you find yourself in, by learning how to objectively monitor your panic attacks, you'll gain a sense of control and learn to work through even the toughest moments of extreme anxiety whether you're taking a test, on a first date, or at a job interview.

## Book Information

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Average Customer Review: 4.9 out of 5 stars [See all reviews](#) (11 customer reviews)

Best Sellers Rank: #64,463 in Books (See Top 100 in Books) #11 in [Books > Teens > Personal Health > Depression & Mental Health](#) #25 in [Books > Teens > Education & Reference > Social Science > Psychology](#) #147 in [Books > Teens > Social Issues](#)

## Customer Reviews

Dr. Kissen's book is an amazing gift for teens struggling with panic, fear and anxiety. It empowers them to understand their bodies and minds and how to take control and overcome their panic, to lead happy and meaningful lives. Adolescence can be a very anxious time for teens and I highly

recommend this book to teens, parents, and professionals looking for an effective and easy to implement strategy for themselves or their loved ones to overcome anxiety. The valuable tools in this book will last them a lifetime.

This book offers much insight into panic disorders to guide both the teen & their parents. Many therapists don't even think to suggest nor do they offer Cognitive Behavioral Therapy. This workbook provides text & exercises that are very easy-to-follow & immediately shed light on the inner workings of panic disorder from the first page. I hope these authors come out with a workbook for younger children as well.

As someone who struggled with panic attacks as a teen and now as a parent of a child who also struggles with panic, I am so thrilled to have stumbled upon this workbook. Panic has a way of making you and your loved ones feel powerless. With the tools outlined in this book, I now feel armed with all I need to assist my daughter ( and myself ) in moving past panic.

As a licensed psychologist, I find myself referring to this workbook over and over again. It is an approachable, creative, user-friendly, and comprehensive guide for teens (and their parents!) that helps demystify panic disorder. I highly recommend this workbook, as well as the others in this series.

As a therapist who works with adolescents, I am so happy to have found such a valuable resource. This workbook offers relatable examples and realistic exercises for teens. I will definitely recommend this book to my clients!

This book provides a thoughtful, practical and nonjudgmental approach to anxiety and panic as it relates to teens, which is a unique audience. This population may be facing these issues of the first time and this book does much to normalize the condition and symptoms, mitigate the symptoms with effective step-by-step exercises, and affirm the progress with practical measurements. Most importantly, teens will be able to use on their own without overwhelm that they are typically overcome by, as the tone and delivery of workbook is anecdotal and compassionate. Helpful and affirming.

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The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series)  
"Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear  
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