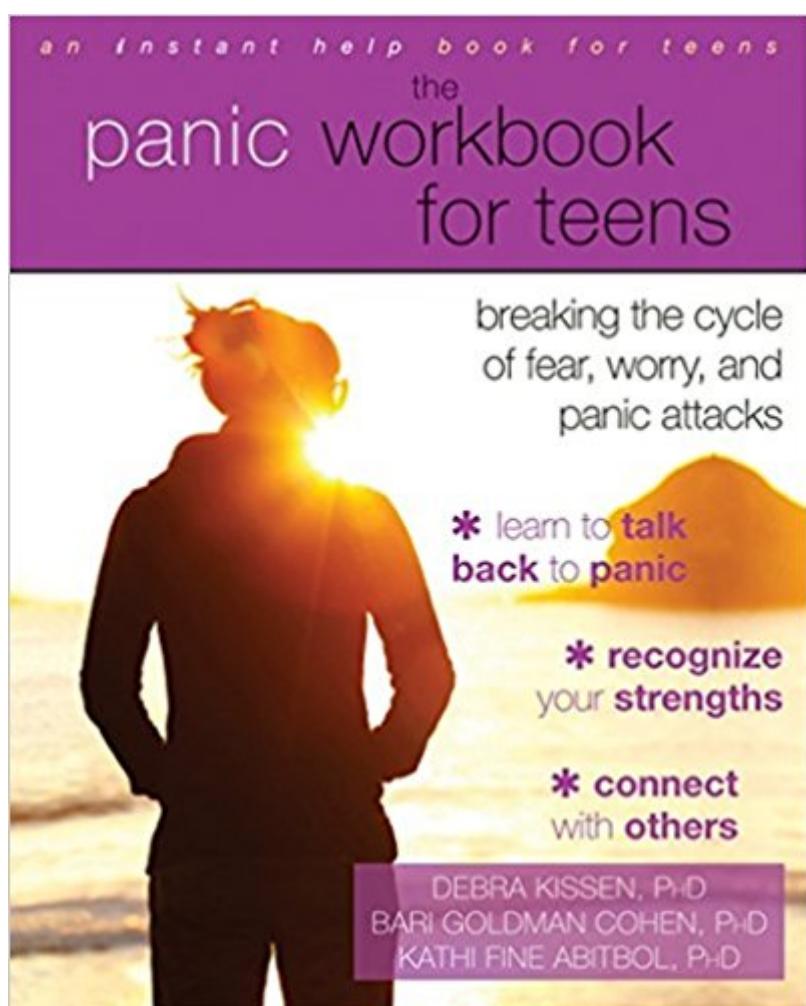


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# The Panic Workbook For Teens: Breaking The Cycle Of Fear, Worry, And Panic Attacks (An Instant Help Book For Teens)



## 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

Series: An Instant Help Book for Teens

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## Customer Reviews

“Finally—a user-friendly, step-by-step workbook on how to overcome panic disorder

for teens and their families. The authors provide readers with everything they need to take control of their lives with this straightforward, comprehensive, and personal guide.

• Bradley C. Riemann, PhD, clinical director of CBT services at Rogers Memorial Hospital

“The Panic Workbook for Teens is an outstanding workbook that offers instant help and hope for teens suffering from panic attacks. Well written and chock-full of useful ideas and strategies, this book is a must-have for any teen seeking to conquer panic. Highly recommended!”

• Kevin L. Gyoerkoe, PsyD, director of The Anxiety and OCD Treatment Center in Charlotte, NC, and author of 10 Simple Solutions to Worry

“This workbook is loaded with examples of how real-life teenagers have used and benefited from CBT-based treatment for panic disorder. Readers will benefit from the simple and easy-to-implement action steps outlined in this workbook. In addition, the mindfulness-based perspective highlighted in the text should assist readers in learning to live more fully in the moment, even if panic occasionally comes along for the ride.”

• Mark B. Powers, PhD, licensed psychologist and research associate professor in the Anxiety and Health Behaviors Lab within the Institute for Mental Health Research

“What a great book for teens looking to overcome panic disorder! The authors have distilled the best of the cognitive behavioral approach to panic and condensed it into forty short recovery tools with brief instructions and exercises. These powerful, precise, and pragmatic steps will save you lots of research and searching. Get your folks a copy as well!”

• David Carbonell, PhD, author of Panic Attacks Workbook and the “coach” at anxietycoach.com, a popular self-help website

Debra Kissen, PhD, MHSA, is clinical director of the Light on Anxiety Treatment Center. Kissen specializes in cognitive behavioral therapy (CBT) for anxiety disorders, and also has a special interest in the principles of mindfulness and their application for anxiety disorders. Bari Goldman Cohen, PhD, is a licensed clinical psychologist who specializes in cognitive behavioral therapy (CBT) and anxiety disorders. She works with individuals of all ages, including children, adolescents, adults, and older adults. Kathi Fine Abitbol, PhD, is a licensed clinical psychologist and clinical director of the North Shore Anxiety Treatment Center. She specializes in using cognitive behavioral therapy (CBT) to treat anxiety disorders and related concerns. Abitbol works with clients of all ages.

Very helpful for my teen girl with panic disorder. However, she is very very smart, so sometimes the language is a little beneath her level. That said the exercises are useful. I love this series and highly recommend it to anyone.

I bought this book for my daughter to read. She took it very seriously and really spent time working on her anxiety issues.

Good resource as a therapy tool.

It seems to be very helpful

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.

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.

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.

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.

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