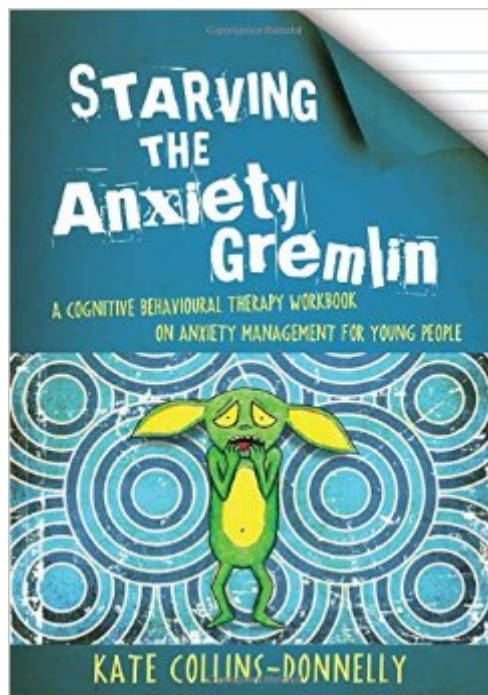


The book was found

Starving The Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook On Anxiety Management For Young People (Gremlin And Thief CBT Workbooks)



Synopsis

Children's Choice Winner at the School Library Association's Information Book Awards 2014 The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers.

Book Information

Series: Gremlin and Thief CBT Workbooks (Book 1)

Paperback: 168 pages

Publisher: Jessica Kingsley Publishers; Workbook edition (January 15, 2013)

Language: English

ISBN-10: 1849053413

ISBN-13: 978-1849053419

Product Dimensions: 6.8 x 0.4 x 9.7 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ Â See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #310,508 in Books (See Top 100 in Books) #177 inÂ Books > Medical Books >

Psychology > Adolescent Psychology #181 inÂ Books > Health, Fitness & Dieting > Mental Health

> Attention Deficit & Attention Deficit Hyperactivity Disorders #217 inÂ Books > Health, Fitness &

Dieting > Psychology & Counseling > Adolescent Psychology

Age Range: 8 - 12 years

Grade Level: 3 - 7

Customer Reviews

This is a great tool for teaching basic CBT skills to kids! I highly recommend it to any therapist

working with youngsters.

My son (age 12) felt that this book helped him with his anxiety.

This is a great book to help kids deal with and manage anxiety!

I'm a psychotherapist working with children. I love using pages from this book as conversation starters, homework or session tools. Kids appear to be engaged when going through the book.

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