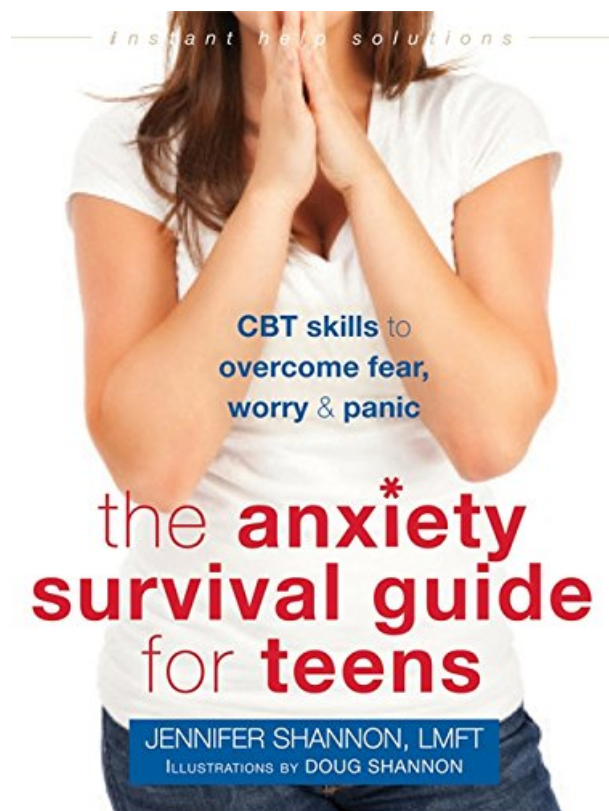


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JENNIFER SHANNON, LMFT  
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If you have anxiety, your fears and worries can keep you from feeling confident and independent. Teen milestones such as making friends, dating, getting good grades, or taking on more mature responsibilities, may seem much more difficult. And if you're like countless other anxious teens, you may even avoid situations that cause you anxiety altogether—leaving you stuck in a cycle of worry and avoidance. So, how can you take control of your anxiety before it takes control of you?

Based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT), this book helps you identify your "monkey mind"—the primitive part of the brain where anxious thoughts arise. You'll also be able to determine if you suffer from generalized anxiety, phobias, social anxiety, panic and agoraphobia, obsessive-compulsive disorder (OCD), or separation anxiety. Full of powerful yet simple cartoon illustrations, this book will teach you practical strategies for handling even the toughest situations that previously caused you to feel anxious or worried.

If you're ready to feel more independent, more confident, and be your best, this unique book will show you how.

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#### Most helpful customer reviews

2 of 2 people found the following review helpful.

A fantastic guidebook for overcoming anxiety!

By Emily Berner

As a cognitive behavioral therapist who specializes in anxiety, I predict this book will be a life saver for many teens. In it, Shannon guides the reader through universal, proven effective coping skills for anxiety, and then offers specific strategies tailored to fit each of the most common types of anxiety. Shannon’s use of the “monkey mind” metaphor throughout the book really helps explain how anxiety works, while reducing shame that many teens feel for having anxiety in the first place. With detailed explanations, great illustrations, and practical worksheets, the book helps teens tame their “monkey mind” and stay in the driver’s seat rather than letting anxiety call the shots.

In addition to giving teens tools to help put anxiety in its place, Shannon also wisely explains that the aim of this book is not to banish anxiety altogether—that our monkey mind is actually there for good reasons! This realistic approach to anxiety will help the reader foster a friendlier relationship with this difficult emotion, which is a huge advantage for the long term.

This survival guide is a fantastic resource for teens who may wish to try challenging anxiety on their own, teens who may not have access to a skilled therapist, and those who may already be in therapy but want an extra boost or new ideas for managing anxiety. I think it is also a great resource for adults! For those who may be using this book on their own and feel they might benefit from extra support, Shannon provides resources and guidance for finding the right kind of help. All in all, this book contains all the ingredients necessary to turn a difficult problem into an opportunity to increase confidence and self-esteem, helping the reader to live their most valued life. I am looking forward to incorporating this book into my work and I recommend it without hesitation.

4 of 4 people found the following review helpful.

or feel that their anxiety will get worse if they talk about it

By Heidi Ronfeldt

If you are a teenager or the parent of a teenager whose life is limited by anxiety, this is the book for you and your family. I am a cognitive behavioral therapist who specializes in treating teens who struggle with anxiety. Cognitive behavioral strategies are proven to help teens manage their anxiety but there can be many barriers to using these strategies. Many teens feel confused by their anxiety, feel that it is a flaw to be anxious, or feel that their anxiety will get worse if they talk about it. Fortunately, we now have this book to help teens accept their anxiety and learn how to use CBT strategies easily and on their own.

Incorporating newer CBT skills, ie, acceptance and mindfulness strategies, Jennifer Shannon helps reduce shame and judgment about being anxious by showing that anxiety is helpful, hardwired, and has multiple causes that aren't your fault. She also emphasizes the importance of connecting with the present moment instead of being stuck in the past or future as anxiety would like us to be.

Jennifer Shannon cleverly uses the monkey metaphor to illustrate how anxiety can take over our thoughts and get us caught up in a pattern of avoidance. She helps us understand that the goal is not to get rid of anxiety but to respond to it in a new way, a way that lets us take charge of our lives again.

This book outlines simple, effective tools for managing anxiety in general as well as for each anxiety disorder. In addition, Doug Shannon's illustrations and comics make this book more appealing and accessible.

If you or your teenager is ready to break free from anxiety and avoidance, I recommend reading this book and following the exercises in order to start leading a more meaningful and full life.

0 of 0 people found the following review helpful.

get the conversation going

By Indnmom

I could not be more pleased. My daughter 15yrs didn't think it was a great Idea coming from "mom" and it sat untouched for about two weeks but one day it was gone. My daughter had started reading! Later she was sitting at the breakfast bar and she started talking about the book, how it was helping her look at the world in a different way. She said that she was glad that other people were "like her enough to have a book about it". She was telling me about the book. This is not a in depth book or a solve the world's problems. Something to get the conversation going in a positive direction is awesome.

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