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# Anxiety Sucks! A Teen Survival Guide (Teen Survival Guides Book 1)



## Synopsis

Is your anxiety kicking your teen's butt? Are they tired of boring, long self-help books that do anything but help? Are they annoyed by suggestions that show the author doesn't really get anxiety? I get it. I also get anxiety. I have lived it and so have the thousands of kids I have helped in my therapy practice. Until you have lived it " you will never understand anxiety's insidious moves. *Anxiety Sucks! Teen Survival Guide* is short and to the point. You are welcome. Have them read it. Practice it. Repeat. Kids don't want to read long, boring books on anxiety. In my practice parents will often ask for book suggestions. I provide them. They buy them. The kids never read them. Trust me, I know. I ask the kids. I finally decided to write my own book that is short, to the point and offers a death blow to the anxiety dictator living in their head. A book I know kids will be able to get through in one or two sittings. A book that will teach kids how their little dictator rules their mind and tricks them into making their anxiety grow. And finally, a book that will help them develop mad skills to counterattack their dictator and show him who is boss. Every kid being bullied by anxiety should be armed with the skills this book provides. Every parent raising an anxious kid should read this and gain insight into what their kids are going through each day.

## Book Information

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## Customer Reviews

This book is absolutely wonderful! I have two children that suffer greatly from anxiety and one is already starting the book. I read it first so I could help them with the same advice and understand the process. It's a very quick read but hits the points home so well that you finish it with a bit of shock of all the clarity that just popped out. I simply can not wait for my children to finish it. I will also save it for one of my younger children who has Aspergers for the appropriate time for him to read it. Thank you so much for this book!!

This author claims to make reading her book easy but in her effort to do so she she talks too much to say very little.

I like that this was a fast intro that deepened my understanding of what my kid feels. I am not anxious at all, but my daughter is-- and I need to help her get through it; this is a good place for me to start that understanding.

This is a great read. It's quick, easy and we'll written making you want to finish it. There is a lot of good info.

Daniels writes in terms that feel like a video game through thoughts. The player wins and knows how to win again.

I really enjoy the way this author presents the information. It gives you a very tangible way of understanding anxiety and how to recognize and manage it. It's a very quick and easy read. I would think any age from middle school on up would benefit from this book.

Super fast engaging read. Perfect for teens who struggle with dictators... and not bad to read as a parent, either.

My kiddo is only 9 but this was perfect for her.

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