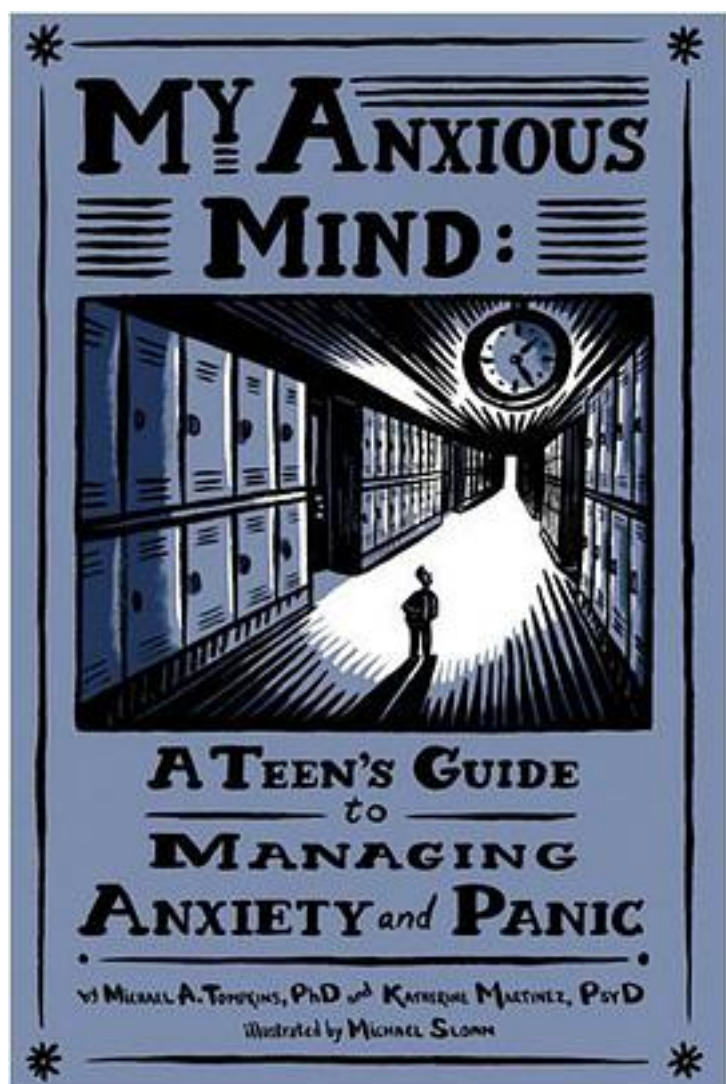


# My Anxious Mind



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著者:Tompkins, Michael A., Ph.d./ Martinez, Katherine A./ Sloan, Michael (ILT)

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Anxiety can make everything seem unmanageable from dealing with family and friends to managing schoolwork and extracurricular activities. It's been estimated that between 9 and 15 million teens in the United States suffer from phobias, panic attacks, or extreme worry or anxiety. That's a lot of teens My Anxious Mind helps teens take control of their anxious feelings by providing cognitive-behavioral strategies to tackle anxiety head-on and to feel more confident and empowered in the process. My Anxious Mind also offers ways for teens with anxiety to improve their inter-personal skills, whether it be with friends, family, or teachers; manage stress; handle panic attacks; use diet and exercise appropriately; and decide whether medication is right for them.

作者介绍:

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