

## Recommended Books on Stress and Anxiety in Children

### All books

*Getting Out of a Stress Mess!* by Michaelene Mundy

*Growing Up Brave*, by Donna B. Pincus, PhD

*Helping Your Anxious Teen*, by Sheila Achar Josephs, PhD

*Help Is Here for Facing Fear!* by Molly Wigand

*My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic*, by Michael A. Tompkins, PhD and Katherine Martinez, PsyD

*My Mouth is a Volcano!* by Julia Cook

*Stress Relief for Kids: Taming Your Dragons*, by Martha Belknap

*The Anxiety Workbook for Teens*, by Lisa M. Schab, LCSW

*What to Do When You Worry Too Much*, by Dawn Huebner, PhD

*Wilma Jean the Worry Machine*, by Julia Cook

*Worry, Worry, Go Away!* by Christine A. Adams, M.A.