

Recommended Books for Anxiety:

Younger Children

A Case of the Zaps
Boniello, Lavallo
Ages 4-8 years

Don't Feed the Worry Bug
Green, Andi
Ages 3-8 years

Hattie Harmony: Worry Detective
Olsen, Arnett
Ages 4-8 years

Hector's Favorite Place
Rooks, Jo
Ages 4-8 years

Ruby Finds a Worry
Percival, Tom
Ages 4-8 years

What to Do With a Problem?
Yamada, Kobi
Ages 4-8 years

School Age Children

The Calm Workbook: A Kids' Activity Book for Relaxation and Mindfulness
Harrison, Imogen
Ages 8-12 years

The Fix-it Friends: Have No Fear!
Kear, Nicole
Ages 7-10 years

How Big are Your Worries Little Bear?
Sanders, Jayneen
Ages 6-10 years

What to Do When You Worry Too Much: A Kids' Guide to Overcoming Anxiety
Huebner, Dawn
Ages 6-12 years

The Grip
Stroman, Marcus
Ages 8-12 years

The Anxiety Workbook for Kids: Take Charge of Fear and Worries Using the Gift of Imagination
Alter, Robin and Clarke, Crystal
Ages 5-11 years

Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry and Anxiety
Goff, Sissy
Ages 7-11 years

Teenagers

The Anxiety Workbook for Teens
Schab, Lisa
Ages 13 and up

My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic
Tompkins, Michael and Martinez, Katherine
Ages 12 and up

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School and Everywhere Else
Willard, Christopher
Ages 13 and up

101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks
McDonagh, Thomas
Ages 12 and up

The Relaxation and Stress Reduction Workbook for Teens: CBT Skills to Help you Deal with Worry and Anxiety
Tompkins, Michael and Barkin, Jonathan
Ages 12 and up

Feeling Better: CBT Workbook for Teens: Essential Skills and Activities to Help You Manage Moods, Boost Self Esteem, and Conquer Anxiety

Hutt, Rachel

Ages 13 and up

The Anxiety and Stress Solution Deck: 55 CBT and Mindfulness Tips and Tools

Belmont, Judith

Ages 13 and up

The Anxiety and Phobia Workbook

Bourne, Edmund

Ages 13 and up

Don't Feed the Monkey Mind: How to Stop the Cycle of Anxiety, Fear and Worry

Shannon, Jennifer

Ages 15 and up

The DBT Skills Workbook for Teens: A Fun Guide to Manage Anxiety and Stress, Understand Your Emotions and Learn Effective Communication Skills

Teen Thrive (publisher)

Ages 13 and up