

## The Worry Workbook For Teens Effective Cbt Strategies To Break The Cycle Of Chronic Worry And Anxiety By Jamie Micco

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Teens often worry about school, friends, dating, and what the future holds. But chronic worrying can take a toll both mentally and physically-leading to insomnia, difficulty paying attention, and even headaches and stomachaches. Written by a Harvard faculty member and expert in teen anxiety, this is the first book to target chronic, debilitating worry in teens, and offers effective, easy-to-understand cognitive behavioral therapy (CBT) exercises to alleviate worry symptoms and prevent them from escalating into full-blown generalized anxiety disorder.

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