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the role imagination plays

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in their anxiety. With this workbook, children will learn that, just as they are capable of envisioning vivid scenarios that fuel their anxiety, they are ...

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thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this

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book, it is probably because
you are experiencing anxiety
in your life in some way and
you are hoping to either get

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thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate the role imagination plays in their anxiety. With this

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Kids : Robin Alter :

9781626254770

This workbook is designed to help young people recognize, label, and cope with cognitive distortions that may be contributing to their feelings of anxiety and

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depression. The activities and explanations are intended to help them learn about some of the most common cognitive distortions, and to reflect on which ones have become common in their own life.

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*Battle Anxiety and
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Anxiety is a feeling of fear
or panic. Feeling generally
anxious sometimes is normal.
Most people worry about

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something – money or exams –
but once the difficult
situation is over, you feel
better and calm down. It's
really common to develop
anxiety at some point. Find
out what causes it and what
you can do to feel better.

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The Anxiety Workbook for Kids is a fun and unique workbook grounded in evidence-based CBT and

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designed to help children understand their anxious thoughts within a positive framework—a perspective that will allow kids to see themselves as the highly imaginative individuals they are, and actually appreciate

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the role imagination plays
in their anxiety.

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kids in changing their
cognitions to help deal with

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anxiety is and how it affects one's life, and a workbook which provides a child with various techniques how to relax, think positively and solve problems.

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