

Anxiety/Worry

- * *Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques* by Cathy Cresswell.
- * *Book: Starving the Anxiety Gremlin for Children Aged 10+: A Cognitive Behavioural Therapy Workbook on Anxiety Management* by Kate Collins-Donnelly
- * *What to Do When You Worry Too Much; A Kid's Guide to Overcoming Anxiety for 6-12 year olds* by Dawn Huebner.
- * *Hey Warrior for ages 5-12 (and up); A book for kids about anxiety* by Karen Young.
- * *Looking After Your Mental Health; for ages 9+* by Alice James & Louie Stowell