

Taming the Anxiety Beast Workbook for Teens

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Synopsis

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inLanguage	english

Anxiety 101: everything you need to know about anxiety, including the different types of anxiety disorders, so you can kick it to the curb.

Ten myths about anxiety in teens busted!

Different beneficial approaches include:

- Information on CBT, DBT, and mindfulness, and how all can defeat anxiety.
- Various ways to deal with test anxiety, with a proven way to calm anxiety while taking a test.
- The importance of both time management and organization, and tips and checklists to help you get better at both.
- Understanding triggers: how to identify your triggers so they no longer have control over you.
- Different ways to deal with peer pressure, including creating your own mantra to remind yourself of what really matters.
- The causes of overthinking, how they are intricately linked to anxiety, and how to say goodbye to negative thought patterns once and for all.
- The roots and causes of food anxiety.
- Over 15 exercises to combat any type of anxiety you may be facing.
- A four-step plan to calm your anxiety in the midst of extra stressful moments.

Reader's comments

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