

Rewire Your Anxious Brain for Teens:
Using CBT, Neuroscience, & Mindfulness
to Help You End Anxiety, Panic, and Worry

Debra Kissen

YA 618.92 Kiss

Four anxiety specialists offer practical and essential skills grounded in cognitive behavioral therapy (CBT), neuroscience, and mindfulness to help teen readers "rewire" their anxious brains and get back to living their lives.

Adult Books for Teens

The Collected Schizophrenias: Essays

616.898 Wang

Opening with the journey toward her diagnosis of schizoaffective disorder, Wang discusses the medical community's own disagreement about labels and procedures for diagnosing those with mental illness, and then follows an arc that examines the manifestations of schizophrenia in her life. In essays that range from using fashion to present as high-functioning to the depths of a rare form of psychosis, and from the failures of the higher education system and the dangers of institutionalization to the complexity of compounding factors such as PTSD and Lyme disease, Wang's analytical eye, honed as a former lab researcher at Stanford, allows her to balance research with personal narrative.



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MENTAL HEALTH



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The Anxiety and Depression Workbook for Teens: Simple CBT skills to Help You Deal with Anxiety, Worry, and Sadness

YA 155.5 Tomp

You'll find straightforward and easy-to-implement cognitive behavioral therapy (CBT) skills to help you stay one step ahead of your symptoms, connect with friends, try new things, bounce back from setbacks, and start feeling better right away.

The Mindfulness & Acceptance Workbook for Teen Anxiety : Activities to Help You Overcome Fears & Worries Using Acceptance & Commitment Therapy

YA 155.512 Turr

In *The Mindfulness and Acceptance Workbook* for Teen Anxiety, you'll find basic information about anxiety to help you recognize what it looks and feels like, mindfulness tips to help you stay in the moment when you feel worried about the future, and tips to help you connect with your own values so you can start putting the important things in life first.

Mindfulness for Teens in 10 Minutes a Day: Exercises to Feel Calm, Stay Focused & Be Your Best Self

YA 158.13 Batt

Start feeling better with mindfulness, the practice of being fully present and cultivating calm, one moment at a time. Simple and effective exercises -- that fit perfectly into your daily routine -- make it easy to keep yourself in the here and now, tackle challenges one at a time, and make the most of every minute.

The Insomnia Workbook for Teens: Skills to Help You Stop Stressing & Start Sleeping Better

YA 616.8498 Tomp

Sleep is food for the brain--especially for teens. Based on the most current sleep science and evidence-based cognitive and behavioral interventions to improve sleep, *The Insomnia Workbook for Teens* helps teens change their sleep habits so that they can feel more alert and ready to face life's challenges.

Superhero Therapy: Mindfulness Skills to Help Teens & Young Adults Deal with Anxiety, Depression & Trauma

YA 616.85 Scar

This fun, unique, and "outside-the-box" self-help guide provides everything you need to begin your very own superhero training using evidence-based ACT and mindfulness skills.

Your Brain Needs a Hug: Life, Love, Mental Health, and Sandwiches

YA 616.852 Earl

When she was a teenager, Rae dealt with OCD, anxiety, and an eating disorder, but she survived, and she thrived. *Your Brain Needs a Hug* is filled with her friendly advice, coping strategies and laugh-out-loud moments to get you through the difficult days. Witty, honest, and enlightening, this is the perfect read for feeling happier and healthier and learning to navigate life without feeling overwhelmed or isolated.

What You Must Think of Me: A Firsthand Account of One Teenager's Experience With Social Anxiety Disorder

YA 616.8522 Ford

The author presents her personal struggles with Social Anxiety Disorder and how she was able to overcome it; and offers information on its causes, symptoms, diagnosis, and treatment.

The Thought That Counts: A Firsthand Account of One Teenager's Experience With Obsessive-Compulsive Disorder

YA 616.8522 Kant

Jared Douglas Kant, who was diagnosed with obsessive-compulsive disorder (OCD) at age 11, describes the inner world of a young person living with the condition.

(Don't) Call Me Crazy: 33 Voices Start the Conversation About Mental Health

YA 616.89 Dont

An anthology of essays and illustrations that illuminate mental health topics in a straightforward way.

Heads Up: Changing Minds on Mental Health

Melanie Siebert

YA 616.89 Sieb

Discusses the factors that affect mental health, historical and modern types of treatment, and mental illnesses, describes how different teens have dealt with mental health issues, and suggests ways to handle mental problems.