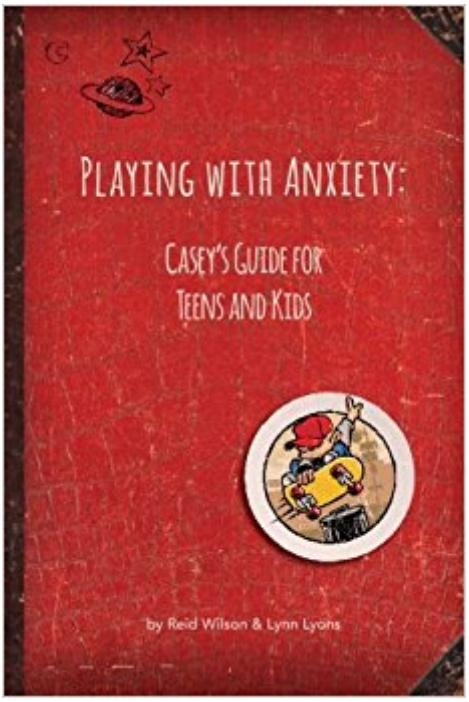
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Playing With Anxiety: Casey's Guide For Teens And Kids



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Synopsis

Casey, the fourteen year old narrator, knows just what itÃ¢â ¬â„¢s like to be miserable. It started slowly: backing away from birthday parties, avoiding the Fourth of July fireworks, leaving before the end of movies. By second grade, stomach aches and tantrums before school seemed as common as strawberry jelly on toast. Then, just before her fourth grade chorus concertÃ¢â ¬â •as her mom was braiding her hairÃ¢â ¬â •Casey puked. No concert. No post-concert ice cream with her friends. Only a night filled with tears. Everything changed that next morning. Casey and her mom had had enough! The days of being timid were over. They got mad and decided then and there to solve the puzzle called worry. Casey expresses a serious commitment to the task, but couples it with feisty, irreverent humor, as she releases a gaggle of characters and their stories. The narrative offers cautious kids (and their sometimes worried, often frustrated parents) a realistic guide for stepping into the new and scary experiments that arrive at each developmental stage, right up through the teen years. Will her frightful encounter with the snarling dog keep her forever from walking to the bus stop, or the ominous storm clouds end her fun at the water park? Will an asparagus-dog with cheese get her into the clubhouse-building project? Can you really talk to your worry like itÃ¢â ¬â„¢s a squirrel? Will LindseyÃ¢â ¬â„¢s coaching to Ã¢â ¬Å“loosen up and screamÃ¢â ¬Â• actually help her handle the scary-but-awesome one-minute and fifty-two second Yankee Cannonball roller coaster? In PLAYING WITH ANXIETY: CASEYÃ¢â ¬â„¢S GUIDE FOR TEENS AND KIDS, the companion book to Reid Wilson and Lynn LyonsÃ¢â ¬â„¢ parenting book, ANXIOUS KIDS, ANXIOUS PARENTS: 7 WAYS TO STOP THE WORRY CYCLE AND RAISE COURAGEOUS & INDEPENDENT CHILDREN (HCI Books, 2013), Casey includes stories of everyday encountersÃ¢â ¬â •imagining warm chocolate chip cookies coming out of the oven, brother ElliotÃ¢â ¬â„¢s MARSH MAN comic bookÃ¢â ¬â •as well as surprising featsÃ¢â ¬â •the accidental discovery of Post-it Notes, BenjaminÃ¢â ¬â„¢s uncle SteveÃ¢â ¬â„¢s jump from the helicopter, blind Eric WeihenmayerÃ¢â ¬â„¢s climb of the Seven SummitsÃ¢â ¬â •to show the reader how to face the trials of the middle years.

Book Information

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Age Range: 10 - 14 years

Grade Level: 5 - 9

Customer Reviews

Reid Wilson, Ph.D, and Lynn Lyons, MSW are coauthors of Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children (HCI Books, 2013). REID WILSON, Ph.D. is Director of the Anxiety Disorders Treatment Center in Chapel Hill, NC and is Associate Clinical Professor of Psychiatry at the University of North Carolina School of Medicine. Dr. Wilson is an international expert in the treatment of anxiety disorders, with books translated into nine languages. He is author of Don't Panic: Taking Control of Anxiety Attacks and Facing Panic: Self-Help for People with Panic Attacks, is co-author, with Dr. Edna Foa, of Stop Obsessing! How to Overcome Your Obsessions and Compulsions and is co-author of Achieving Comfortable Flight, a self-help package for the fearful flier. He designed and served as lead psychologist for American Airlines' first national program for the fearful flier. Dr. Wilson served on the Board of Directors of the Anxiety Disorders Association of America (ADAA) for 12 years. He served as Program Chair of the National Conferences on Anxiety Disorders from 1988-1991. Television appearances: Oprah Winfrey Show, The Katie Show, Good Morning America, CNN, CNN-Financial Network, A&EÃ¢â ¬â„¢s Hoarders, and numerous local news shows nationwide. He has been featured in numerous national magazines, including: Redbook, Self, Elle, Real Simple, Woman's Day, and Cosmopolitan. He serves as the Expert for WebMDÃ¢â ¬â„¢s Anxiety and Panic Community. His free self-help website Ã¢â ¬â œ www.anxieties.com Ã¢â ¬â œ serves 500,000 visitors per year. LYNN LYONS, MSW has been a psychotherapist for 23 years, and specializes in the treatment of anxious children and their parents. In addition to her private practice, she is a consultant with several school districts and private schools, helping them to address anxiety in the classroom, school refusal, and social difficulties. Lynn is sponsored by professional organizations and schools, offering workshops to mental health professionals, teachers, school nurses, and parents. She is

known for her focus on providing concrete, usable skills. She was featured on The Katie Show, talking about childhood anxiety. Lynn received her BA from Williams College in 1987 and her MSW from Boston University in 1990. She lives in Concord, New Hampshire with her husband and two sons.

This book did amazing things for my 9 year old who struggles with OCD and panic/anxiety. We tried medicine and therapy in the beginning and it wasn't helping much. We decided to start from scratch and form a plan to help her manage on her own. This book was a small part in that plan and helped in a huge way. I haven't read it myself, but my daughter read it everyday for a week until finishing it. It's been weeks and she still talks about this book, especially when situations pop up, she will say "Well, Casey says...", it has really got her talking. I think she loved reading a book that was in the eyes of someone she could relate to and it has really been a good tool in helping her to learn to manage this stuff, especially as young as she is. Thank you for this book! There needs to be more out there like this!

Definate a Great book , I got the book for my daughter. I had been searching for something to help her through her anxiety for about 3-4 years. Especially during test time when her anxiety levels would get worst. Ever since she got the book and started reading it, I have seen a change in her. She tells me she is able to understand the book and its very funny. Feels more confident , less stressful when facing things especially school work and test. It's great when you come across a young writter that has and is going through the same things as you. My daughter tells me "Mom, Casey gets me, she understands what I am going through, and she makes me feel that it's ok to be different, Thanks" . I smile when she said that because she has always thougth she was the only one in th world going through this and no one understood her. As a worry and concerned parent I give thanks that there are books/workbooks like this one that can help my child cope with her anxiety and help her feel normal again. Will highly reccomend this book to any parent that wants to help their child who suffers from minor to heavy anxiety. Thanks Casey for writting and sharing your experiences to relate with young teens.

This book is excellent! My 11-year-old son has issues with anxiety, and the tone and approach of this book is helping him through it. It's gives him language to wrap around what he is experiencing, and it gives him tools to manage the anxiety when it shows up. He has learned to expect that he will worry and what he should do when that happens. I highly recommend it for any parent who needs to

find a way to help their child who worries. Thank you for such a great resource!

This is an incredibly helpful book for adults and children alike. It explains in easy to understand language (without talking down to the reader) exactly what one is going through when experiencing anxiety. Parents, this is something you need to read. I can't imagine any reader who is experiencing anxiety finishing this book without being positively affected by it.Kudos to Dr. Wilson.

Playing with Anxiety lifts a very serious problem into the realm of manageable every day problem solving in a manner that is kid friendly, humorous and very practical. The authors utilize meaningful metaphors, such as understanding flexibility being like a cooked instead of a rigid uncooked spaghetti noodle, to make their points towards identifying useful distinctions without sounding condescending. The step-by-step explanations, as in learning how to expect worry, are punctuated with captivating humor and honesty.I have been using this book since it was published, finding it to be thorough, well written and readable, especially in the fact that's appropriate for both kid and teen audiences, not just younger children. It is a great resource for therapists, parents, kids and teens!

This book is good! I am a psychotherpist and anxiety is a serious teen problem. I have been dissapointed with books adressing this issue many times, I must say, I am shocked at how much I appreciate the author and publisher!

I passed this book a long to a friend. My son had no interest in reading it because it seemed geared towards a much younger child. A lot of this did not pertain to his particular situation. The book for the parent is superb.

This is a great book! It's very practical and moves forward at a good pace. I'm looking forward to working through this material with my kids but its also been helpful for me!

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social anxiety. Books For Kids: Natalia and the Pink Ballet Shoes (KIDS FANTASY BOOKS #3) (Kids Books, Children's Books, Kids Stories, Kids Fantasy Books, Kids Mystery ... Series Books For Kids Ages 4-6 6-8, 9-12) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) The Ultimate Audition Book For Teens Volume XIII: 111 One-Minute Monologues - Active Voices (The Ultimate Audition Book for Teens) (The Ultimate Audition Book for Teens 13, Young Actors Series) The Ultimate Audition Book for Teens Volume VI: 111 One-minute Monologuesfor Teens by Teens (Young Actors Series) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - (How to Overcome Stage Fright and Performance Anxiety) Books for Kids: Lily the Little Mermaid (Mermaid Books for Kids, Children's Books, Kids Books, Bedtime Stories For Kids) (The Mermaid Stories: Kids Fantasy Books Book 2) Childrens Book : Fun facts about Egypt: (Ancient Egypt for kids) (Ages 4 - 12) (egypt picture book, pyramids for kids, mummies for kids, hieroglyphs for ... books for kids, egypt history for kids) Books For Kids : Charlie The Smart Elephant (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, puppy story, ... Books for Kids age 2-10, Beginner Readers) Books For Kids : Mimi finds a new friend (FREE BONUS) (Bedtime Stories for Kids Ages 2 - 10) (Books for kids, Children's Books, Kids Books, cat story, ... Books for Kids age 2-10, Beginner Readers) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks From Anxiety to Meltdown: How Individuals on the Autism Spectrum Deal with Anxiety, Experience Meltdowns, Manifest Tantrums, and How You Can Intervene Effectively The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook)

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