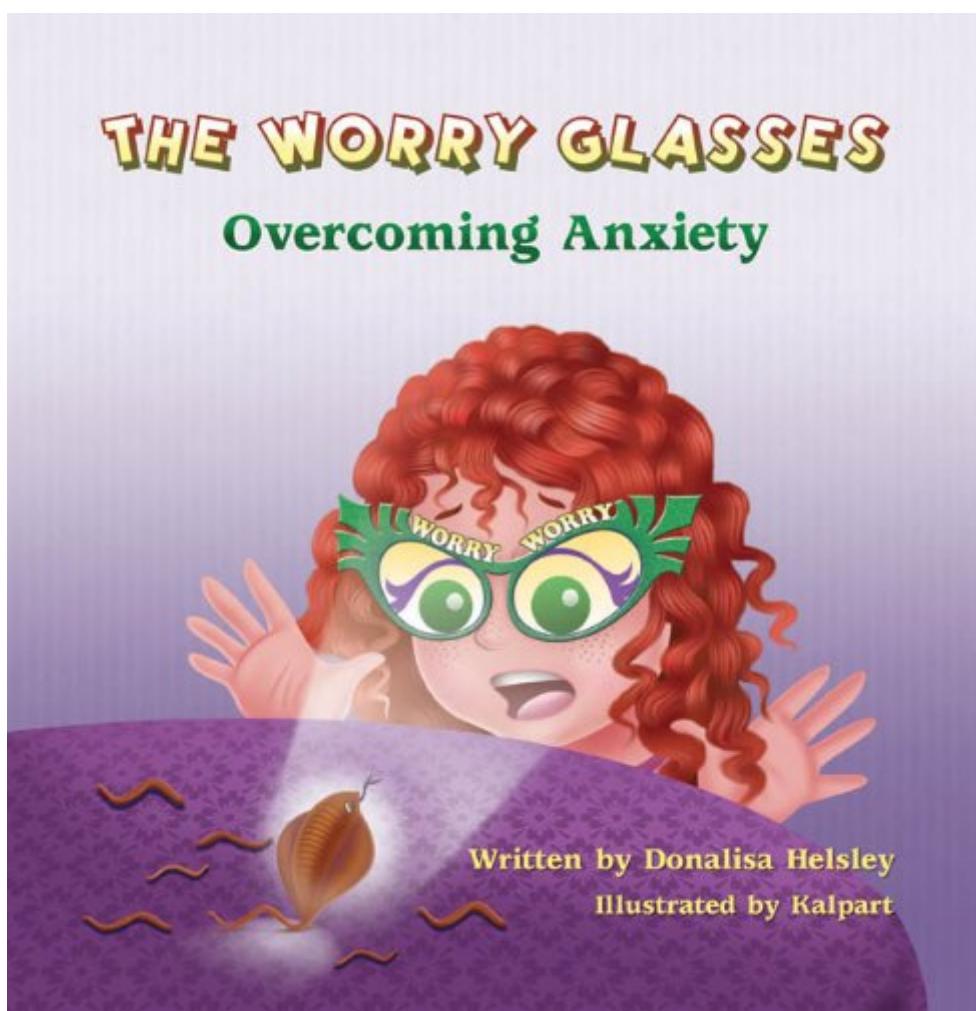


The book was found

The Worry Glasses: Overcoming Anxiety



DOWNLOAD EBOOK

Synopsis

Do you find yourself worrying about almost everything? Do your worries seem extra large? MJ knows the feeling. She's a big worry wart. Visit with MJ as she learns how to take off her "Worry Glasses" and take control of her anxiety

Book Information

File Size: 3929 KB

Print Length: 32 pages

Publisher: Mirror Publishing (September 25, 2012)

Publication Date: September 25, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B009J7PCTY

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #35,670 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #54

in Books > Self-Help > Anxieties & Phobias #606 in Kindle Store > Kindle eBooks >

Children's eBooks > Literature & Fiction #9771 in Books > Children's Books

Customer Reviews

This is a great story to share with kids who struggle with anxiety. It teaches basic CBT concepts in a creative, child friendly manner. In essence, it helps children recognize that when it comes to fears, imagination is the real enemy. Knowledge, on the other hand, can serve to put these fears into perspective. While it can seem counter-intuitive for children to learn more about the things that scare them, this book helps the child recognize that knowledge really is power. Understanding that which is feared can serve to alleviate the avoidance that will otherwise cause the anxious child to miss out on (and continue to fear) many of the wonderful experiences life has to offer. In my work as a child therapist, I often use and recommend this book for families with little worriers.

Got it for my daughter who has anxiety. She loves this book and it actually helps calm her down. I

definitely recommend it.

Well done. I use in my therapy office. It's one of the better books that deals with worry and anxiety for kids and provides perspective and tools.

This is a terrific book for kids who have anxiety. What a burden that must be! The character, MJ, is sympathetic, and her helpful therapist, Jessica, suggests some coping skills that help her manage her worries. I'm sure children who deal with anxiety will find this book fun AND helpful.

This book was simple, helpful, and geared for Elementary aged children that struggle with anxiety. I plan to use it in my practice as a supplement when working with clients who are experiencing anxiety.

The Worry Glasses: Overcoming Anxiety is a MUST-READ book! The story entertains...and will empower every young child out there who has worries and anxieties (are there any who don't?). Even more importantly, the author provides ACTUAL EXERCISES that anyone can do to relieve anxiety. And the visual image Ms. Helsley gives of how worried you feel...up to your knees, up to your stomach and up to your head...will enable children to analyze their own level of anxiety and talk to a parent or other trusted adult if it is getting to be too much. The bold and bright illustrations have great kid appeal! I love the parenting tips at the end of the book...detecting signs of anxiety in a child...as well as the steps a parent can and should take if their child suffers from anxiety. And honestly, this book will help many parents deal with their own anxiety and worry as well! This is a book that should definitely be under the tree so you can start the New Year dealing with anxiety with this amazing book!

Got this for my 9 year-old son. He loved the compromise book by this author, even though it was about 2 little girls :) He wasn't so crazy about this one - never read again. He did seem interested the one time he did read it,

I love The Worry Glasses, and have just started using it with my young clients--- with great response! Thank you, Donalisa Helsley for another beautiful therapy tool. Marilyn Heinrichs, LPC
[Download to continue reading...](#)

The Worry Glasses: Overcoming Anxiety Tomart's Price Guide to Character & Promotional Glasses:

Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Tomart's Price Guide to Character & Promotional Glasses Including Pepsi, Coke, Fast-Food, Peanut Butter and Jelly Glasses; Plus Dairy Glasses & Milk Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Perfect Sight Without Glasses - The Cure Of Imperfect Sight By Treatment Without Glasses - Dr. Bates Original, First Book - Natural Vision Improvement: TextBook - Teacher/Student Edition Collector's Guide to Cartoon & Promotional Drinking Glasses : Pepsi - McDonalds - Sports - Disney - Coca-Cola - Much More (over 3000 glasses) Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (An Instant Help Book for Teens)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)