

## [Adolescent Books](#)

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The following books are recommended due to their selection from the **Children's Literature Comprehensive Database** that provides books reviewed by professional.

As parents and their children read together their relationship can be strengthened (Chandler, 1999).

Be advised, reading together can be beneficial, choose a book WITH your child. This activity should not be stressful, but used to strengthen the child-parent relationship. Some of the books could be helpful for teens to read on their own if they choose to.

### **The Anxiety Workbook for Girls**

**By. Erin A. Munroe, LMHC**

“This book is dedicated to all the girls out there who worry that they just aren’t good enough. You are good enough, no matter what anyone else says. You are just fine and beautiful the way you are. So, be yourself, and don’t worry about it!”

Target Population: 9-12 years old

### **Freaking Out: Real-Life Stories About Anxiety**

**By. Polly Wells**

“The stories in this book are derived from interviews with young people about their experiences with stress and anxiety.”

Target Population: 11-18 years old

### **I Don't Want to be Crazy**

**By. Samantha Schutz**

“This is a true story of growing up, breaking down, and coming to grips with a psychological disorder.”

Target Population: Upper grades / High School

### **My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic**

**By. Michael A. Tompkins PhD and Katherine Martinez PsyD**

“When anxiety is a problem – when, who, and how to ask for help – Breathing and relaxation – Anxious thinking versus smart thinking – Facing your fears one step at a time – Learning to float with panic attacks – Managing friend, school, and family stress – Nutrition, exercise, and sleep – Straight talk about medications – Hope, help, and heart.

Target Population: 12 and older

**The Nature of Jade**

**By. Deb Caletti**

“Seattle high school senior Jade’s life is defined by her anxiety disorder and dysfunctional family, until she spies a mysterious boy with a baby who seems to share her fascination with the elephants at a nearby zoo.”

Target Population: Upper grades / High School

**Too Stressed to Think? : A Teen Guide to Staying Sane When life Makes You Crazy**

**By. Annie Fox M.Ed and Ruth Kirschner**

“Stress 101 – Stress and your brain – Stress and your body – Your stress-busting tools – Relax and enjoy yourself – You and your family – Stress less at school – Surviving the social scene – The boyfriend/girlfriend zone – When to get more help.

Target Population: 12 and older