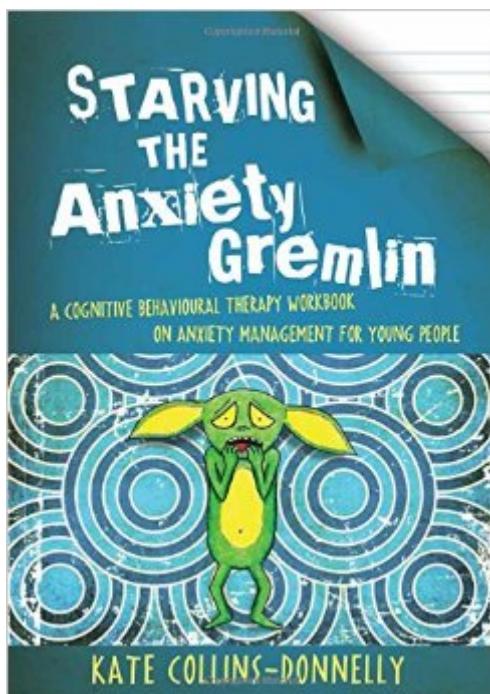


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# Starving The Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook On Anxiety Management For Young People (Gremlin And Thief CBT Workbooks)



## **Synopsis**

Children's Choice Winner at the School Library Association's Information Book Awards 2014 The Anxiety Gremlin loves one thing - to feed on your anxiety! But watch out, as the fuller he gets, the more anxious you get! How can you stop him? Starve him of his favourite food - your anxiety - and he'll shrink and shrivel away. Starving the Anxiety Gremlin is a unique and award-winning resource to help young people understand different types of anxiety and how to manage them, including panic attacks, phobias, social anxiety, generalised anxiety and obsessive compulsive disorder. Based on cognitive behavioural principles that link thoughts, feelings and behaviours, the techniques described help young people to understand why they get anxious and how they can 'starve' their anxiety gremlin in order to manage their anxiety. This engaging workbook uses fun activities and real life stories, and can be used by young people aged 10+ on their own or with a parent or practitioner. It is also an ideal anxiety management resource for those working with young people, including mental health practitioners, social workers, education sector staff and youth workers.

## **Book Information**

Series: Gremlin and Thief CBT Workbooks (Book 1)

Paperback: 168 pages

Publisher: Jessica Kingsley Publishers; Workbook edition (January 15, 2013)

Language: English

ISBN-10: 1849053413

ISBN-13: 978-1849053419

Product Dimensions: 6.8 x 0.4 x 9.7 inches

Shipping Weight: 13.1 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 starsÂ  See all reviewsÂ (8 customer reviews)

Best Sellers Rank: #310,508 in Books (See Top 100 in Books) #177 inÂ Books > Medical Books > Psychology > Adolescent Psychology #181 inÂ Books > Health, Fitness & Dieting > Mental Health > Attention Deficit & Attention Deficit Hyperactivity Disorders #217 inÂ Books > Health, Fitness & Dieting > Psychology & Counseling > Adolescent Psychology

Age Range: 8 - 12 years

Grade Level: 3 - 7

## **Customer Reviews**

This is a great tool for teaching basic CBT skills to kids! I highly recommend it to any therapist

working with youngsters.

My son (age 12) felt that this book helped him with his anxiety.

This is a great book to help kids deal with and manage anxiety!

I'm a psychotherapist working with children. I love using pages from this book as conversation starters, homework or session tools. Kids appear to be engaged when going through the book.

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Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) Cognitive Behavioural Therapy Workbook For Dummies The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Cognitive Behavioral Therapy (CBT): Easy Self Help Guide: Simple Steps To Conquer Anxiety, Depression, Phobias, Addictions, Negative Thoughts, Eating Disorders And Other Psychological Conditions Cognitive Behavioral Therapy (CBT): 9 Powerful Techniques to Cure Negative Thoughts, Anxiety & Depression [\*\*FREE GIFT\*\* Instant Transformational Hypnotherapy Masterclass] Cognitive Behavioral Therapy : 10 Simple Guide To CBT For Overcoming Depression, Anxiety & Destructive Thoughts The Mindfulness Workbook for OCD: A Guide to Overcoming Obsessions and Compulsions Using Mindfulness and Cognitive Behavioral Therapy (New Harbinger Self-Help Workbooks) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Cutting Down: A CBT workbook for treating young people who self-harm Art Therapy and Music Therapy Bundle: (Expressive Arts, Movement Therapy, Art Therapy Trauma, Therapy Books) How To Analyze People: Mastering Analyzing and Reading People: (How To Read People, Analyze People, Psychology, People Skills, Body Language, Social Skills) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) 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 Different Mirror for Young People: A History of Multicultural

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