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Books for Parents and Children to Help with Anxiety

- **Helping Your Anxious Child: A Step by Step Guide**
Ronald Rapee PhD
- **Parenting Your Anxious Child with Mindfulness and Acceptance**
Christopher McCurry PhD
- **Worry No More: Help and Hope for Anxious Children**
Aureen Pinto Wagner PhD
- **Freeing Your Child from Obsessive Compulsive Disorder**
Tamar Chansky
- **Bloom: 50 Things to Say, Think and Do with Anxious, angry and over the Top Kids.**
Lynn Kennedy
- **Helping Your Socially Vulnerable Child**
Andrew Eisen PhD
- **But What If?: A book about feeling worried**
- **I Can Handle It!**
Laurie Wright
- **Katie Careful and the Very Sad Smile**
Sarah Naish
- **What to Do when you Worry Too Much**
Dawn Huebner
- **What to Do When Your Brain Gets Stuck**
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