

Parenting your anxious child with mindfulness and acceptance : a powerful new approach to overcoming fear, panic, and worry using acceptance and commitment therapy

McCurry, Christopher. **Book** , 2009. xvi, 228 pages

Anxiety-free kids : an interactive guide for parents and children

Zucker, Bonnie, 1974–

Keys to parenting your anxious child

Third edition.

Manassis, Katharina, author. **Book** , 2015. viii, 189 pages

Untying parent anxiety. Years 5-8 : 18 myths that have you in knots--and how to get free

Sugarman, Lisa. **Book** , 2017. iv, 188 pages

The busy parent's guide to managing anxiety in children and teens : a quick read for powerful solutions! : the parental intelligence way

First edition.

Hollman, Laurie, author. **Book** , 2018. 88 pages

The everything parent's guide to overcoming childhood anxiety : professional advice to help your child feel confident, resilient, and secure

Boyle, Sherianna, author

The anxiety cure for kids : a guide for parents and children

Spencer, Elizabeth DuPont, 1966–, **Book** , 2014. 272 pages

Anxiety relief for kids : on-the-spot strategies to help your child overcome worry, panic & avoidance

Walker, Bridget Flynn, author.

Worried No More: Help and Hope for Anxious Children, by Aureen Pinto Wagner

Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children, by R. Reid Wilson

The Coping Cat workbook for children and parent companion book by P.C. Kendall et al

Books about Anxiety

Available at the Toronto Public Library

Anxiety : cognitive behavioural therapy with children and young people

Stallard, Paul, 1955-, **Book** , 2009. vii, 209 pages :

Anxiety : deal with it before it ties you up in knots

Mandel, Joey, author. **Book** , 2014. 32 pages

The shyness and social anxiety workbook : proven, step-by-step techniques for overcoming your fear

Third edition.

Antony, Martin M., author. **Book** , 2017. 272 pages

The anxiety and phobia workbook

Sixth edition, revised

Bourne, Edmund J. **Book** , 2015. 488 pag

Anxiety for beginners : how it feels to live with anxiety and how to make the best of it

Morgan, Eleanor, author. **Book** , 2017. 384 pages.

The 10 best-ever anxiety management techniques : understanding how your brain makes you anxious and what you can do to change it

Second edition.

Wehrenberg, Margaret, author. **Book** , 2018. 304 pages