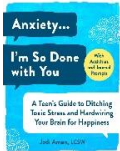
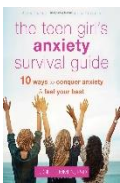


Books about Anxiety for Teens and Tweens

Non-Fiction



Aman, Jodi. **Anxiety...I'm so done with you: a teen's guide to ditching toxic stress and hardwiring your brain for happiness**, 2020. TEENNF 155.5124 Am484a
Filled with practical examples of coping techniques to help anyone with anxiety, this book has many suggestions and ideas to help you manage your emotions every day.



Hemmen, Lucie. **The teen girl's anxiety survival guide: 10 ways to conquer anxiety & feel your best**, 2022. TEENNF 155.533 H489t
This guide contains 10 strategies to help teen girls cope with academic pressure, social media stress and life's many stressful expectations. The strategies include mindfulness exercises and how to overcome negative thinking.



Dunn, Kelsey Torgerson. **When Anxiety Makes You Angry: CBT anger management skills for teens with anxiety-driven anger**, 2022. TEENNF 616.8522 D923w
This informative text helps readers understand the "fight" response to anxiety and offers practical ways to deal with anger caused by stress and anxiety.



Walker, Bridget Flynn. **Social Anxiety Relief for Teens: a step-by-step CBT guide to feeling confident and comfortable in any situation**, 2021. TEENNF 618.9285 W177s
This 5-step program helps you understand why you feel anxious in certain situations so that you can face your fears little by little and build self-confidence.

Tween Fiction



Baron, Chris. **The Gray**, 2023. JFIC BARON Gray
It's been a rough year for Sasha. He's been bullied at his middle school and his anxiety, or the Gray as he calls it, has been growing. His parents try to help by sending him to his Aunt's farm for the summer, where he is tasked with caring for a horse named "The Gray." He finds a kindred spirit in his new horse friend, but then new challenges force Sasha to gather the courage to face his anxiety head on.

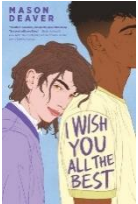


Hobson, Brandon. **The Storyteller**, 2023. JFIC HOBSON Storyteller
Ziggy has anxiety, at least that's what his therapist says. It's partly because of how his brain works, but it's also because his mother disappeared when he was very young. This often happens to Native American women. Since she disappeared, he daydreams a lot and gets into trouble at school. Then Ziggy gets the idea that clues to his mother's disappearance might be in a nearby cave, and he sets out with some friends to learn from the storytelling of his ancestors.



Kelker, Supriya. **The Cobra's Song**, 2023. JFIC KELKER Cobra's
10-year-old Geetanjali comes from a whole family of singers. Her mother is a famous classical singer from India, and one day while performing with her mother at a traditional Indian concert, Geetanjali can't hit the right notes and she freezes on stage. She can now add stage fright to the long list of things she is afraid of. Can Geetanjali face her fears and sing the traditional song her family wants her to sing?

Teen Fiction



Deaver, Mason. **I Wish You All the Best**, 2019. TEEN DEAVER I
When 18-year-old Ben comes out to their parents as non-binary, they immediately throw them out of the house in the middle of winter with no jacket or shoes. Ben is forced to call their older sister, who kindly agrees to let them live with her until they graduate. Ben struggles with the stress and anxiety of their situation until they meet a wonderful new friend that helps them start a happier new life.



McDowell, Kara. **One Way or Another**, 2020. TEEN MCDOWELL One
The average person makes 35,000 decisions a day. That's 34,999 too many for Paige Collins who, due to crippling anxiety, constantly worries whether or not she has made the right one. Then she finds herself needing to decide whether to join her mother in New York City (the city of her dreams) for Christmas vacation, or spend it with her long-time best friend and crush at his parent's romantic getaway cabin. Paige must learn how not to let her anxiety get in the way of her happiness.



Redgate, Riley. **Final Draft**, 2018. TEEN REDGATE Final
Laila Piedra loves science fiction and dreams of being a science fiction novelist. Her favorite creative writing teacher, Mr. Madison, has always been a great help and supporter of her writing, but when he gets into a bad car accident, he is no longer able to be her mentor. When he is replaced by an award-winning novelist who is very critical of her writing, Laila is pressured to impress her new teacher, which has a negative impact on her mental health and self-esteem.



Roat, Sharon Huss. **How to Disappear**, 2017, TEEN ROAT How
Vicky Decker suffers from severe social anxiety and her best friend, the only one she has every felt comfortable around, had to move to another school. With her friend away, Vicky's isolation becomes unbearable. So she invents a new life online by photo shopping herself with other people and posting the photos. She becomes popular on social media, but soon realizes that her online life can't replace connections with real people.



Silverman, Laura. **You Asked for Perfect**, 2019. TEEN SILVERMAN You
Ariel Stone has spent his life cultivating the perfect college résumé, until a failed calculus quiz puts his future on the line, forcing Ariel to enlist his classmate, Amir, as a tutor. This LGBTQ+ romance/realistic fiction novel deals with the academic pressure and anxiety that many teens face today.