

Anxiety

Akron-Summit County Public Library

Nonfiction

Richardson, Carroll. **Zen Teen: 40 Ways to Stay Calm When Life Gets Stressful**, 2018.

TEENNF 155.519 R525z

Filled with clever, interactive quizzes and inspiring music playlists, this book is designed for today's modern teen.

Shannon, Jennifer. **The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic**, 2015. TEENNF 155.5125 Sh528a

This helpful guide teaches teens how to break free from worry and panic by recognizing the part of the brain where anxious thoughts arise.

Shannon, Jennifer. **The Shyness and Social Anxiety Workbook for Teens**, 2012.

TEENNF 155.5182 Sh528s

This is a good activity book for teens looking for help with handling awkward social situations, being more assertive and confident and making connections with other teens.

Fiction

Kinsella, Sophie. **Finding Audrey**, 2015. TEEN

A bullying incident leaves Audrey with agoraphobia and frequent panic attacks. She works through her issues by making a funny documentary about her home life.

Leno, Katrina. **Everything All at Once**, 2017. TEEN

Lottie has always lived with anxiety and when her beloved Aunt dies of cancer she worries that her own death could be around the corner.

Rowell, Rainbow. **Fangirl**, 2013. TEEN

Cath is introverted, has social anxiety and only feels safe when she is writing about her favorite character, Simon Snow.

Whaley, John Corey. **Highly Illogical Behavior**, 2016. TEEN

Agoraphobic Solomon hasn't left his home in three years. Ambitious Lisa wants to get into the second-best psychology program in college, so she befriends and tries to "fix" Solomon for a project.

Zappia, Francesca. **Eliza and Her Monsters**, 2017. TEEN

A shy, reclusive High School student with social anxiety and no real friends creates a wildly popular online webcomic called "Monstrous Sea" and meets other fanfiction writers.

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