



"Like the butterfly, I have the strength and hope to believe, in time I will emerge from my cocoon transformed."
~ Kirsti A. Dyer



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Anxiety – Panic Attacks – Phobias – Social Anxiety – Stress	Format	Call Number	ISBN	Author
A Mindfulness-Based Stress Reduction Workbook	Book	616.98 STA (2)	9781572247086	Stahl & Goldstein
A Mindfulness-Based Stress Reduction Workbook	E- Book	E-BOOK	9781608821457	Stahl & Goldstein
Anxiety and Phobias	Book	J 616.8522 IOR	9780778700883	Iorizzo, Carrie
Anxiety, Worry, OCD and Panic Attacks for Ages 6-17	Book	616.8522 SHA	9781911246053	Callaghan & Shaw
Anxiety, Worry, OCD and Panic Attacks for Ages 6-17	E- Book	E-BOOK	9781911246077	Callaghan & Shaw
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Conquer Your Fears and Phobias for Teens	E- Book	E-BOOK	9781626251472	Umbach, Andrea
Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry	Audio Book	DIGITAL AUDIOBOOK	9781624613104	Bourne & Garano
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Coping with Anxiety: Ten Simple Ways to Relieve Anxiety, Fear, and Worry	E- Book	E-BOOK	9781626253872	Bourne & Garano
Dare: The New Way to End Anxiety & Panic Attacks	Book	616.852206 MCD	9780956596253	McDonagh, Barry
Keys to Parenting Your Anxious Child	Book	155.418 MAN	9781438004839	Manassis, Katharina
Keys to Parenting Your Anxious Child	E- Book	E-BOOK	9781438067223	Manassis, Katharina
Margo Thinks Twice (for children)	Book	J P ARN	9781771471626	Arnaldo, Monica
Mindfulness for Teen Anxiety	Book	YA 155.51246 WIL	9781608829101	Willard, Christopher
Phobia Relief: From Fear to Freedom	Book	616.85225 BAR	9781945953033	Barlis, Kalliope
Please Explain Anxiety to Me! (for children)	Book	J 152.46 ZEL	9781615992164	Zelinger & Zelinger
The Anxiety and Phobia Workbook 6th Edition	Audio Book	DIGITAL AUDIOBOOK	9781626252158	Bourne, Edmund
The Anxiety and Phobia Workbook 6th Edition	Book	616.8522 BOU	9781626252158	Bourne, Edmund
The Anxiety and Phobia Workbook 6th Edition	E- Book	E-BOOK	9781626252172	Bourne, Edmund
The Anxiety Workbook for Kids	Book	J 155.41246 ALT	9781626254770	Alter & Clarke
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The Generalized Anxiety Disorder Workbook	Book	616.8522 ROB	9781626251519	Robichaud & Dugas
The Mindful Teen: Powerful Skills to Help You Handle Stress	Book	YA 155.5189 VO	9781626250802	Dzung, Vo
The Mindful Teen: Powerful Skills to Help You Handle Stress	E- Book	E-BOOK	9781626250826	Dzung, Vo

Anxiety – Panic Attacks – Phobias – Social Anxiety – Stress	Format	Call Number	ISBN	Author
The Mindfulness & Acceptance Workbook for Anxiety	Book	616.8522 FOR	9781626253346	Forsyth & Eifert
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