

The book cover features a whimsical illustration of a boy with brown hair, wearing a white shirt and orange-and-white striped pants, running across a green field. He is carrying a blue bag with a yellow flower on it. A small white dog with brown spots is running ahead of him. In the background, there are rolling green hills under a blue sky with a few clouds. A large, green, leafy vine with several red tomatoes hangs down from the top of the frame. A small purple bird is flying near the tomatoes. The title 'What To Do When You WORRY TOO MUCH' is written in a purple banner at the top, with 'WORRY' in large red letters and 'TOO MUCH' in smaller black letters. The subtitle 'A Kid's Guide to Overcoming Anxiety' is written in black text on the right side. The author's name 'by Dawn Huebner, Ph. D.' is at the bottom left, and the illustrator's name 'illustrated by Bonnie Matthews' is at the bottom right.

What To Do  
When You

# WORRY TOO MUCH

A Kid's  
Guide to  
Overcoming  
Anxiety

by Dawn Huebner, Ph. D.

illustrated by Bonnie Matthews

# What To Do When You Worry Too Much

**Dawn Huebner**



## **What To Do When You Worry Too Much:**

What to Do When You Worry Too Much Dawn Huebner, 2021-07-15 *What to Do When You Worry Too Much* guides children and parents through the cognitive behavioral techniques most often used in the treatment of anxiety Lively metaphors and humorous illustrations make the concepts and strategies easy to understand while clear how to steps and prompts to draw and write help children to master new skills related to reducing anxiety This interactive self help book is the complete resource for educating motivating and empowering kids to overcoming their overgrown worries Engaging encouraging and easy to follow this book educates motivates and empowers children to work towards change Includes a note to parents by psychologist and author Dawn Huebner PhD **What to Do When You Worry Too Much, 2nd Edition**

Dawn Huebner, PhD, 2025-10-01 *What to Do When You Worry Too Much Second Edition* guides children and parents through the cognitive behavioral techniques most often used in the treatment of anxiety Now revised and expanded this groundbreaking bestseller has helped millions of children around the world An updated edition of the world wide bestseller *What to Do When You Worry Too Much* the second edition combines everything that worked so well in the original the conversational tone interactive elements clear and actionable strategies with new tools new illustrations and expert advice based on current understandings of anxiety Lively metaphors and humorous illustrations make the concepts and strategies easy to understand while clear how to steps and prompts to draw and write help children learn new skills This interactive self help book remains the complete resource for educating motivating and empowering kids to overcome their overgrown worries Includes a note to parents and caregivers by psychologist author Dawn Huebner PhD This book is part of the *Magination Press What to Do Guides for Kids* series and includes a *Note to Parents and Caregivers* *What to Do Guides for Kids* are interactive self help books designed to guide 6 12 year olds and their parents through the cognitive behavioral techniques most often used in the treatment of various psychological concerns Engaging encouraging and easy to follow these books educate motivate and empower children to work towards change *What to Do When You Worry Too Much*

Dawn Huebner, 2016-09-05 *What to Do When You Worry Too Much, 2nd Edition* Dawn Huebner, PhD, 2024-08-01 *What to Do When You Worry Too Much Second Edition* guides children and parents through the cognitive behavioral techniques most often used in the treatment of anxiety Now revised and expanded this groundbreaking bestseller has helped millions of children around the world An updated edition of the world wide bestseller *What to Do When You Worry Too Much* the second edition combines everything that worked so well in the original the conversational tone interactive elements clear and actionable strategies with new tools new illustrations and expert advice based on current understandings of anxiety Lively metaphors and humorous illustrations make the concepts and strategies easy to understand while clear how to steps and prompts to draw and write help children learn new skills This interactive self help book remains the complete resource for educating motivating and empowering kids to overcome their overgrown worries Includes a note to parents and caregivers

by psychologist author Dawn Huebner PhD This book is part of the Magination Press What to Do Guides for Kids series and includes a Note to Parents and Caregivers What to Do Guides for Kids are interactive self help books designed to guide 6 12 year olds and their parents through the cognitive behavioral techniques most often used in the treatment of various psychological concerns Engaging encouraging and easy to follow these books educate motivate and empower children to work towards change What to Do when You Worry Too Much Dawn Huebner,2015 *Meditations for People Who (May) Worry Too Much* Anne Wilson Schaef,2013-10-09 Anne Wilson Schaef s bestselling *Meditations for Women Who Do Too Much* invited women to do less and live more In this wise and graceful sequel to that beloved book which is also a collection of daily meditations Schaef encourages us to give up the worries that trouble so many of our lives Schaef helps us to smile at our worries and encourages us to re examine our discontent and our desperate need to control our lives She ponders with us the true nature of love solitude creativity friendship sorrow intimacy and all the experiences that go into making a life Best of all she inspires us to respect our own particular inner rhythm and intuitive wisdom to live this moment now with trust and joy

**It's Not All in Your Head** Gordon J. G. Asmundson,Steven Taylor,2005-05-05 For anyone whose personal life or career has been disrupted by health anxiety this compassionate nonjudgmental and practical book written by two psychologists may be just what the doctor ordered

**A Study of Sex Behavior in the White Rat by Means of the Obstruction Method** Arthur Thomas Jersild,Charles West Manzer,Cora Beale Key,James Davis Weinland,Kenneth Stewart Cunningham,Lucien Hynes Warner,Samuel Daniel House,Thomas Nicholas Jenkins,1927 *The Medico-legal Journal* ,1930 *Facilitation and Inhibition* Thomas Nichols Jenkins,1926 The Psychology of functional neuroses Harry Levi Hollingworth,1920

*Organization of Vocational Guidance* Arthur Frank Payne,1925 *Journal of Abnormal and Social Psychology* Morton Prince,1927 **The Relation Between Personality Trait Ratings and Free Association Responses** Josephine Clousing,1927 *Archives of Psychology* Samuel Daniel House,1927 Good Housekeeping Magazine ,1912 **The**

**Herald of Asia** ,1917 **The Spatula** Irving P. Fox,1914 Romance, illustrated, a complete weekly novelette ,1900

**Holiday, a Comedy in Three Acts** Philip Barry,1929 This play tells the story of a struggle between a young woman and her fiance over money While the young woman sees making money as the point of life her fiance wishes to use his wealth to live an adventurous life while he is young The play unfolds as members of the family take sides on each side of the debate

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