



Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People

By Collins-Donnelly, Kate

Jessica Kingsley Pub. Book Condition: New. 2013. Workbook. Paperback. This engaging workbook helps young people aged 10+ understand and manage anxiety. Based on cognitive behavioural therapy principles, the activities will help young people understand why they get anxious and how to use simple, practical techniques to manage and control their anxiety. Suitable to work through alone or with a parent or practitioner. Series: Gremlin and Thief CBT Workbooks. Num Pages: 168 pages, 12 b&w line drawings. BIC Classification: JNH; MMJT1; VFJP. Category: (G) General (US: Trade); (P) Professional & Vocational. Dimension: 240 x 165 x 10. Weight in Grams: 380. Books ship from the US and Ireland.



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