**BOOKS on the topic of Anxiety:**

For parents

* *Freeing Your Child from Anxiety: Powerful, Practical Solutions to Overcome Your Child’s Fears, Worries, and Phobias* - Tamar Chansky, Phd.
* *Helping Your Anxious Child: A Step-By-Step Guide for Parents* -Ronald Rapee, Phd.
* *Parenting Your Anxious Child with Mindfulness and Acceptance* - Christopher McCurry
* *Raising an Emotionally Intelligent Child.* - John Gottman Phd.
* *Growing Up Brave –* Donna Pincus Phd.

For Kids

* *What to Do When You’re Scared & Worried* – James J. Crist
* *When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety* – Kari Dunn Buron
* *Wilma Jean the Worry Machine* – Julia Cook
* *What To Do When You Worry Too Much* – Dawn Huebner
* *What To Do When You Dread Your Bed* – Dawn Huebner
* *What To Do When Your Brain Gets Stuck* – Dawn Huebner (OCD)