

BOOK TITLE	AUTHOR	CATEGORY
An anxiety book for teens <i>An A-Z guide with tips and activities</i>	Ged Jenkins-Omar	Self-help workbook
Anger management workbook for kids <i>50 fun activities to help children make better choices</i>	Samantha Snowden	Self-help workbook
Banish your body image thief <i>A Cognitive Behavioural Therapy workbook on building positive body image</i>	Kate Collin-Donnelly	Self-help workbook
Banish your self-esteem thief <i>A Cognitive Behavioural Therapy workbook on building positive self-esteem</i>	Kate Collin-Donnelly	Self-help workbook
Conquer anxiety workbook for teens <i>Find peace from worry, panic, fear, and phobias</i>	Tabatha Chansard	Self-help workbook
Conquer negative thinking for teens <i>A workbook to break the nine thought habits that are holding you back</i>	Alvord McGrath	Self-help workbook
Propa happy: positivity workbook <i>Discover what makes you happy. Learn to nurture your emotional well-being. Pass on the positivity</i>	Ant & Dec	Self-help workbook
Starving the anger gremlin <i>A Cognitive Behavioural Therapy workbook on anger management</i>	Kate Collin-Donnelly	Self-help workbook
Starving the anxiety gremlin <i>A Cognitive Behavioural Therapy workbook on anxiety management</i>	Kate Collin-Donnelly	Self-help workbook
Starving the exam stress gremlin <i>A Cognitive Behavioural Therapy workbook on managing exam stress</i>	Kate Collin-Donnelly	Self-help workbook
The cognitive behavioural workbook for anger <i>A step-by-step program for success</i>	William Knaus	Self-help workbook
The self-compassion workbook for teens <i>Mindfulness and compassion skills to overcome self-criticism</i>	Karen Bluth	Self-help workbook
The self-confidence workbook <i>A guide to overcoming self-doubt and improving self-esteem</i>	Barbara Markway & Celia Anpel	Self-help workbook
The self-esteem workbook for teens <i>Activities to help you build confidence and achieve your goals</i>	Lisa Schab	Self-help workbook
The shyness and anxiety workbook for teens	Jennifer Shannon	Self-help workbook

<p><i>This book helps teens come to see that painful emotions, such as embarrassment, are inevitable and survivable. The comic-strip-style illustrations, exercises, and worksheets in this book address all aspects of social anxiety, from missing out on high school dances to going to job interviews. It also includes help for teens who have anxiety about blushing in public and speaking up in class.</i></p>		
<p>Wellbeing growth journal <i>Support for teenagers in challenging times and emotional hurdles</i></p>	Rachel Streeter	Self-help workbook
<p>Worry too much <i>A guide to overcoming anxiety</i></p>	Dawn Huebner	Self-help workbook
<p>You are Awesome <i>An awesome book about becoming awesome</i></p>	Matthew Syed	Self-help workbook