

Books for Adults & Teens:

Anxiety-free kids: an interactive guide for parents and children / Bonnie Zucker, 2009

Anxiety sucks! : a teen survival guide / Natasha Daniels, 2016

The anxiety survival guide for teens: CBT skills to overcome fear, worry & panic / Jennifer Shannon, 2015

The anxiety workbook for teens: activities to help you deal with anxiety & worry / Lisa M. Schab, 2008

Beyond the blues: a workbook to help teens overcome depression / Lisa M. Schab, 2008

Feeling good: the new mood therapy / David D. Burns, 2008

Fighting invisible tigers: stress management for teens / Earl Hipp, 2008

Freeing your child from anxiety / Tamar E. Chansky, 2014

Healing images for children / Nancy C. Klein, 2001

Helping your anxious child: a step-by-step guide for parents / Ronald Rapee 2008

Helping your anxious teen: positive parenting strategies to help your teen beat anxiety, stress, and worry
/ Sheila Achar Josephs, Ph.D, 2016

Hot stones and funny bones: teens helping teens cope with stress and anger / Brian Luke
Seaward, 2002

Keys to parenting your anxious child / Katharina Manassis, 2008

Mindful games deck: 50 activities for kids and teens / Susan Kaiser Greenland, 2017

The mindful teen: powerful skills to help you handle stress one moment at a time / Dzung X. Vo, 2015

My anxious mind: a teen's guide to managing anxiety and panic / Michael A. Tompkins, 2010

The power of your child's imagination: how to transform stress and anxiety into joy and success /
Charlotte Reznick, 2009

The relaxation and stress reduction workbook / Martha Davis, 2000

A smart girl's guide, worry: how to feel less stressed and have more fun / Judy Woodburn, 2016

A still quiet place: a mindfulness program for teaching children and adolescents to ease stress and difficult
emotions / Amy Saltzman, MD, 2014

Stress free kids: a parent's guide to helping build self-esteem, manage stress, and reduce anxiety in Children / Lori Lite, 2014

The stress reduction workbook for teens / Gina M Biegel, 2009

Stress relief: the ultimate teen guide / Mark Powell, 2007

Think confident, be confident for teens: a cognitive therapy guide / Marci G. Fox, 2011

You and your anxious child: free your child from fears and worries and create a joyful family life/ Anne Marie Albano with Leslie Pepper, 2013

Books for Children:

All birds have anxiety / Kathy Hoopmann, 2017

Be the boss of your stress / Timothy Culbert, 2007

A boy and a bear: the children's relaxation book / Lori Lite, 1996

A boy and a turtle: a children's relaxation story / Lori Lite, 2001

Bubble riding: a relaxation story / Lori Lite, 2008

Cool cats, calm kids / Mary L. Williams, 1996

David and the worry beast: helping children cope with anxiety / Anne Marie Guanci, 2007

Don't pop your cork on Mondays! / Adolph Moser, 1988

Good night yoga: a pose-by-pose bedtime story / Mariam Gates, 2015

Handful of quiet: happiness in four pebbles / Thich Nhat Hanh, 2012

I hate everything! / Sue Graves, 2013

Is a worry worrying you? / Ferida Wolff, 2007

Master of mindfulness: how to be your own superhero in times of stress / Laurie Grossman, Angelina Alvarex & Mr. Musumeci's 5th grade class, 2016

Moody Cow meditates / Kerry Lee MacLean, 2009

My many colored days / Dr. Seuss, 1996

Of course it's a big deal!: a story about learning to react calmly and appropriately / Bryan Smith, 2017

Peaceful Piggy Meditation / Kerry Lee MacLean, 2004

Please explain "anxiety" to me! : simple biology and solutions for children and parents / Laurie Zelinger, Ph.D, 2014

Scaredy squirrel / Melanie Watt, 2008

Sitting still like a frog: mindfulness exercises for kids (and their parents) / Eline Snel, 2013

Sometimes I'm scared / Jane Annunziata, 2009

Sometimes I worry too much, but now I know how to stop: a book to help children who worry when they don't need to / Dawn A. Huebner, 2003

Stress can really get on your nerves! / Trevor Romain, 2000

Visiting feelings / Laura Rubenstein, 2014

What to do when you're scared & worried: a guide for kids / James J. Crist, 2004

What to do when you worry too much: a kid's guide to overcoming anxiety / Dawn Huebner, 2006

When Lizzie was afraid of trying new things / Inger Maier, 2005

When my worries get too big: a relaxation book for children who live with anxiety / Kari Dunn Buron, 2006

Wilma Jean and the worry machine / Julia Cook, 2012

The worrywarts / Pamela Duncan Edward, 1999

Yoga for kids / Bel Gibbs, 2015

Media:

Kids world yoga / Bridget Van Block, 2012

Mindfulness for beginners (2 CDs) Jon Kabat-Zinn / 2006

Storyland yoga (DVD) / Playful Planet, 2008

Yoga for families (DVD) / Gerardo Diego, 2008

Yoga Kids (for ages 3-6) / Marsha Wenig, 2004

Family Resource Center - One Children's Place - Room 3S-12 - St. Louis, MO 63110

Monday - Thursday 8 am to 7 pm

Friday 8:30 am to 4:30 pm

Saturday 10:00 am to 2:00 pm

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