

Books on anxiety for children

1. What To Do When You Worry Too Much by Dawn Huebner, Ph.D
2. Wilma Jean the Worry Machine: A picture book about Worry and Anxiety by Julia Cook
3. The Invisible String by Patrice Karst
4. Sometimes I'm Scared by Jane Annunziata PsyD
5. Wemberly Worried by Kevin Henkes
6. What to do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD by Dawn Huebner
7. What to do When Mistakes Make You Quake: A Kid's Guide to Accepting Imperfection by Claire A.B. Freeland
8. What to do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep by Dawn Huebner
9. Don't Worry, Murray by David Ezra Stein
10. Everything in its Place by Pauline-David Sax
11. Taming Sneaky Fears: Leo the Lion's Story of Bravery and Inside the Lion's Den: The Workbook
12. Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents (Growing with Love)
13. Playing with Anxiety: Casey's Guide for Teens and Kids
14. My Anxious Mind: A Teen's Guide to Managing Anxiety and Panic
15. Outsmarting Worry (An Older Kid's Guide to Managing Anxiety)
16. The Anxiety Survival Guide for Teens
17. Helping Your Anxious Child: a Step by Step Guide for Parents
18. The Anxiety and Phobia Workbook

Books on anxiety for parents

1. Helping Your Anxious Child: A Step-by-Step Guide for Parents by Ronald Rapee Ph.D.
2. Freeing Your Child From Anxiety by Tamar Chansky Ph.D.
3. Freeing Your Child From Obsessive-Compulsive Disorder by Tamar Chansky
4. Freeing Your Child From Negative Thinking by Tamar Chansky
5. Anxiety Relief for Kids – On-the-spot Strategies to Help Your Child Overcome Worry, Panic and Avoidance