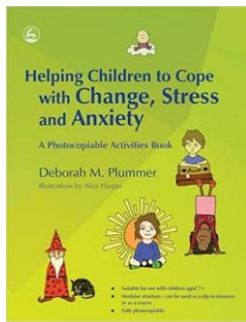
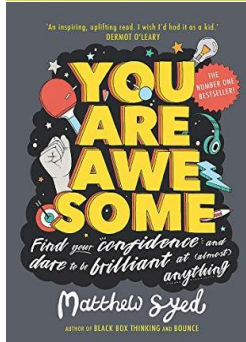


Some useful books for parents for children with Anxiety/ASD



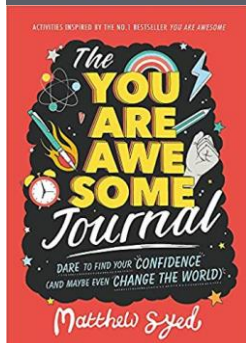
Helping Children to Cope with Change, Stress and Anxiety: A Photocopiable Activities Book Paperback – 15 Feb 2010

by Deborah M. Plummer (Author)



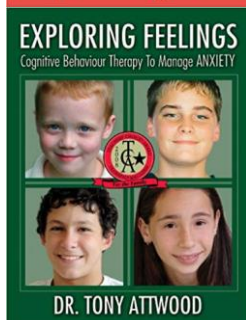
You Are Awesome: Find Your Confidence and Dare to be Brilliant at (Almost) Anything Paperback – 19 Apr 2018

by Matthew Syed (Author)



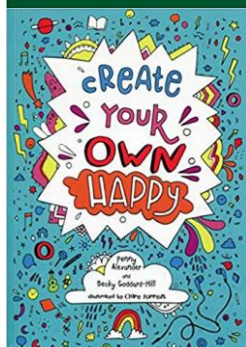
The You Are Awesome Journal: Dare to find your confidence (and maybe even change the world) Paperback – 23 Aug 2018

by Matthew Syed (Author), Lindsey Sagar (Illustrator), & 1 more



Exploring Feelings: Cognitive Behavior Therapy to Manage Anxiety Paperback – 30 Jan 2004

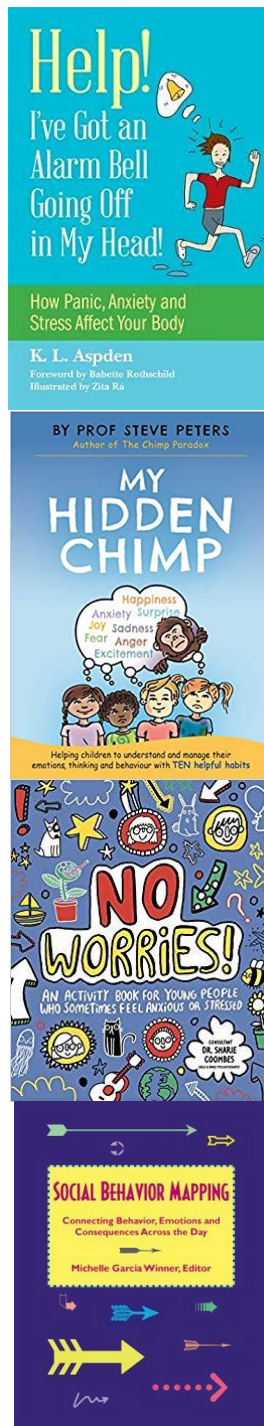
by Tony Attwood (Author)



Create Your Own Happy Paperback – 6 Sep 2018

by Penny Alexander (Author), Becky Goddard-Hill (Author), & 1 more

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Help! I've Got an Alarm Bell Going Off in My Head!: How Panic, Anxiety and Stress Affect Your Body

by K. L. Aspden and Foreword by Babette Rothschild | 21 Nov 2015

My Hidden Chimp: The new book from the author of The Chimp Paradox Paperback – 15 Nov 2018

by Professor Steve Peters (Author)

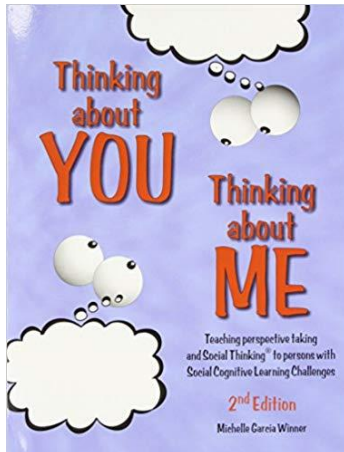
No Worries! Mindful Kids: An activity book for young people who sometimes feel anxious or stressed Paperback – 27 Jul 2017

by Katie Abey (Illustrator)

Social Behavior Mapping - Connecting Behavior, Emotions and Consequences Across the Day Paperback– 2007

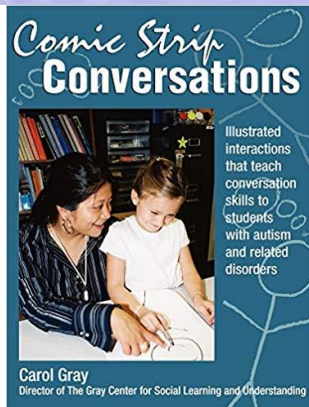
by Michelle Garcia Winner (Editor)

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Thinking about You, Thinking about Me Paperback – 1 Sep 2007

by Michelle Garcia Winner (Author)



Comic Strip Conversations: Illustrated interactions that teach conversation skills to students with autism and related disorders Paperback – 30 Jan 1994

by Carol Gray (Author)