

# Everyday Strategies for Neutralizing Worries and Anxiety

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## Books for Parents and Kids

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Coyne, L. W., & Murrell, A. R. (2009). *The joy of parenting*. Oakland, CA: New Harbinger Publications.

Hanh, T. N. (2011). *Planting seeds: Practicing mindfulness with children*. Berkeley, CA: Parallax Press.

Kastner, L. S. (2013). *Wise minded parenting*. Seattle, WA: ParentMap

McCurry, C. (2009). *Parenting your anxious child with mindfulness and acceptance*. Oakland, CA: New Harbinger Publications.

Mogel, W. (2001). *The blessing of a skinned knee*. New York: Scribner.

Race, K. (2013). *Mindful parenting*. New York: St. Martin's Griffin.

Smith, K. (2008). *How to be an explorer of the world*. New York: Perigee/Penguin.

Snel, E. (2013). *Sitting still like a frog*. Boston: Shambhala.

Sood, A. (2013). *The mayo clinic guide to stress-free living*. Philadelphia, PA: Da Capo Press.

Willard, C. (2010). *Child's mind: Mindfulness practices to help our children be more focused, calm, and relaxed*. Berkeley, CA: Parallax Press.

Willard, C. (2014). *Mindfulness for teen anxiety*. Oakland, CA: New Harbinger.

Wilson, K. G., & Dufrene, T. (2010). *Things might go terribly, horribly wrong: A guide to life liberated from anxiety*. Oakland, CA: New Harbinger Publications.