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PERSPECTIVES
P S Y C H I A T R Y

ANXIETY

What is Anxiety?

<https://childmind.org/guide/anxiety-in-children-quick-guide/>

<https://youtu.be/UjPRVKS4OBg>

[How Anxiety Affects Teens](#)

[How Anxiety Leads to Behavioral Problems](#)

Parent Medication Guide in Anxiety: [Parent Medication Guide in Anxiety](#).

[Panic Disorder: Panic Disorder: When Fear Overwhelms](#)

[Anxiety Disorders](#)

Social Anxiety Disorder: [Social Anxiety Disorder: More Than Just Shyness](#)

[Anxiety in Women](#)

Book Recommendations:

- 1.The Anxiety and Phobia Workbook by Edmund J. Bourne, Ph.D.
- 2.The Worry Trick by David A. Carbonell, Ph.D.
- 3.The Happiness Trap by Russ Harris
- 4.Overcoming Unwanted Intrusive Thoughts by Sally M. Winston and Martin N. Seif
- 5.Be Calm by Jill Weber, Ph.D.

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