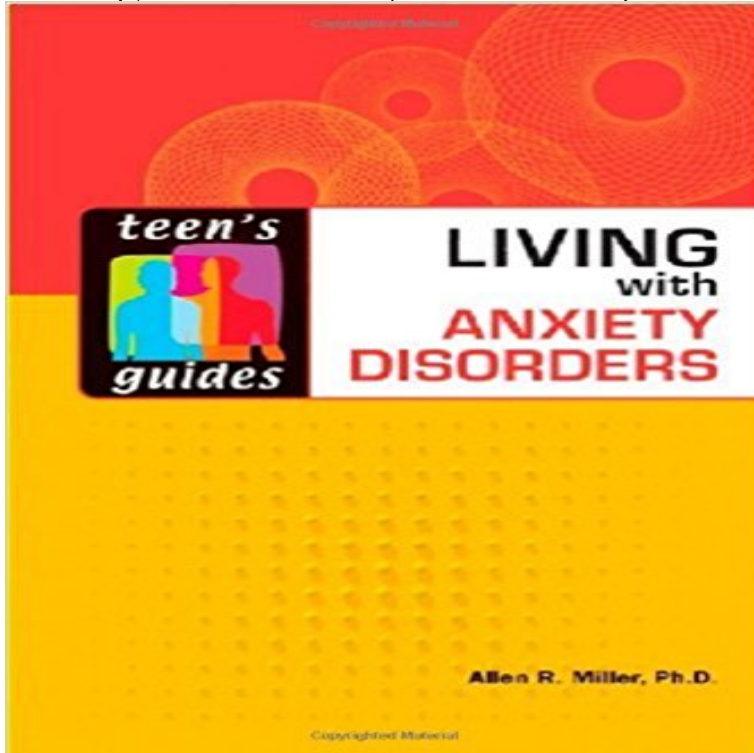


## Living with Anxiety Disorders (Teens Guides)



Anxiety disorders are among the most common mental, emotional, and behavioral problems for children and adolescents. About 13 of every 100 people ages 9 to 17 experience some kind of anxiety disorder. Additionally, about half of children and adolescents with anxiety disorders have a second anxiety disorder or other mental or behavioral disorder, such as depression. Anxiety disorders occur in a variety of forms, from generalized anxiety disorder to specific phobias, and can often be successfully treated through medication and therapy. Living with Anxiety Disorders provides all the information teens need to completely understand this disease and its consequences on day-to-day life. Written in clear, straightforward language by medical professionals, this volume features several real-life cases and treatments of teens living with anxiety disorders. Sidebars, appendixes, and further reading help readers become familiar with this topic.

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