

Suggested Readings on Anxiety and Stress:

Eisen, Andrew. Engler, Linda(2007) **Helping your Socially Vulnerable Child- What to Do When your Child is Shy, Socially Anxious, Withdrawn or Bullied** New Harbinger Publications, Inc ISBN 978-1-57224-458-0

Garth, Maureen (1991) **Starbright Meditations for Children** Harper Collins
ISBN 0-06-250398-7

Lite, Lori (1996) **A Boy and A Bear – The Children’s Relaxation Book** Speciality Press Inc. ISBN 1-886941-07-6

Madison, Lynda (2002) **The Feelings Book** Pleasant Company Publications
ISBN 1-58485-528-2

Manassis, Katharina (1996) **Keys to Parenting Your Anxious Child** Barrons Educational Series ISBN 0-8120-9605-3

Moser, Adolph (1988) **Don’t Pop Your Cork on Mondays!**
Landmark Editions ISBN 0-933849-18-4

Roca,Nuria (2006) **Are You Shy?** Barrons Educational Series
ISBN 0-7641-3508-2

Seligman, Martin (2007) **The Optimistic Child ?** Houghton Mifflin Company
ISBN 0-618-91809-4

Sullivan, Karen (2002) **Kids Under Pressure** Piatkus Publishers
ISBN 0-7499-2200-1

Wells, Rosemary (1997) **Noisy Nora** Puffin Books
ISBN 0-14-056728-3

Witkin, Georgia (1999) **KidStress** Penguin Books
ISBN 0-14-02-8192-4

Wolff, Ferida (2005) **Is a Worry Worrying You?** Tanglewood Press

ISBN 1-933718-05-6