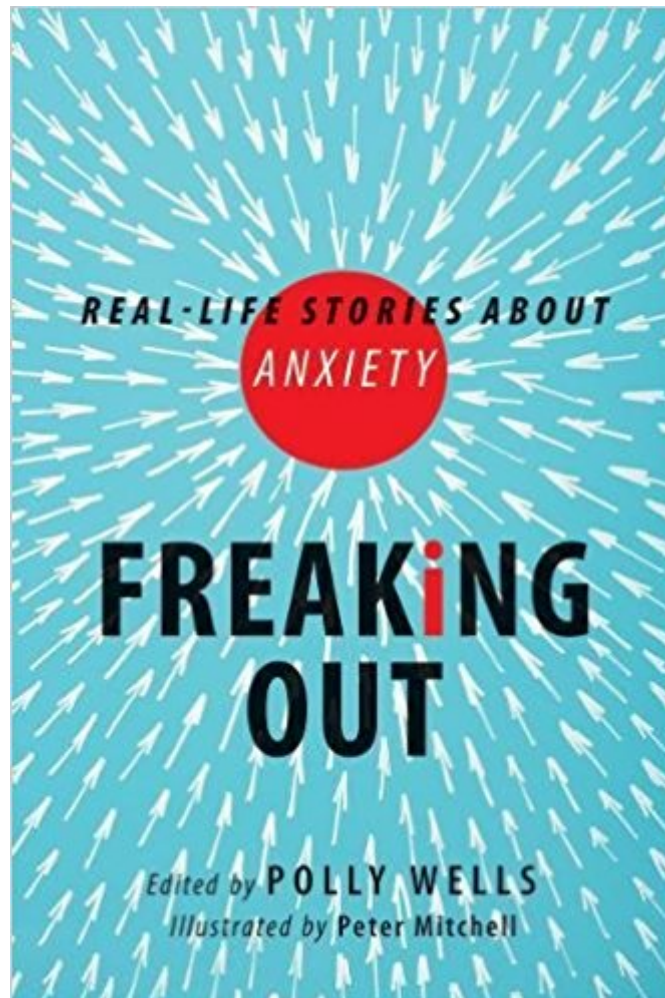




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Freaking Out: Real-life Stories About Anxiety



Synopsis

That sweaty, gut-clenching, suffocating, racing-heart feeling … … That dull, never-ending sense that somethingâ™s wrong. What is it? Anxiety. And it affects millions of young North Americans today. When anxiety has you in its grip, it can seem impossible to rationalize your way out of it. From phobias to compulsiveness to post traumatic stress disorder, *Freaking Out* chronicles the many guises of excessive anxiety in teensâ™ lives and the havoc it can wreak.

Book Information

Paperback: 136 pages

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Average Customer Review: 4.7 out of 5 stars 4 customer reviews

Best Sellers Rank: #576,935 in Books (See Top 100 in Books) #55 inÂ Books > Teens > Personal Health > Depression & Mental Health #85 inÂ Books > Teens > Social Issues > Being a Teen #186 inÂ Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Abuse

Age Range: 12 - 14 years

Grade Level: 7 - 12

Customer Reviews

Gr 7-10-In an introductory chapter, Wells describes the symptoms of anxiety and panic attacks and differentiates between fear and anxiety. She discusses the ways in which low levels of anxiety are a useful survival tactic. For example, if we worry about being hit by a car, we will remember to look before crossing the street. She also discusses why anxiety may plague teens, mentioning the combination of surging hormones, social changes at school as love enters into the mix of relationships, struggles with parents for more autonomy, and possible hereditary factors. The rest of the book consists of firsthand accounts from young people who struggled with anxiety and with obsessive compulsive disorder. They all discuss their history, identifying the causes of their problems and explaining the tools they used to cope with and overcome their anxiety. Seeking the help of a mentor, counselor, or therapist is recommended. Coping skills discussed include identifying triggers, changing thinking patterns, and learning relaxation techniques, and, in one case,

the prescription of antidepressants provides the solution. Wells doesn't delve deeply into the full range of anxiety and panic disorders or offer a medical understanding. Teens suffering more extensively will need other resources but may be comforted by the stories of success offered here. An extensive list of resources is provided, including fiction and nonfiction books, websites and hotlines, and resources for parents. Line illustrations are unfortunately unappealing. -Nancy Silverrod, San Francisco Public Library (c) Copyright 2013. Library Journal. LLC, a wholly owned subsidiary of Media Source, Inc. No redistribution permitted.

Written in first person but actually recast from single or composite interviews with teens or young adults, 13 narratives describe in detail a range of common circumstances and experiences that spark panic attacks or longer-term disturbances "from fear of doing poorly on a test or being attacked by a dog to emotional fallout from being bullied or socially ostracized, losing a parent, escaping a war zone, being gay, or just becoming an adolescent. All of the "interviewees" have either cured themselves or at least begun to get past their afflictions. An afterword by a clinical psychologist summarizes anxiety's causes and explains what mental health professionals can do to help. The closing lists of print and web resources, organizations, and hotlines are generously sized. Along with the physical signs and effects of anxiety, and a number of potential coping strategies, readers will come away with clearer notions of anxiety's universality and, as the author puts it, "when it's time to worry about being worried." Grades 7-10. --John Peters --This text refers to the Hardcover edition.

This book I had to read over the summer for my english class. I can honestly say that it taught me more than most other books I have been assigned ever. Sad, but very educational.

This nonfiction book contains sections that focus on one person per chapter. The people featured have all suffered or continue to suffer from anxiety. The writing takes us into their childhood, adolescence, and even into adulthood since some of them are in college. There's a full spectrum of anxiety disorders and related issues in the chapters. There's OCD, sexuality, bullying, physical symptoms, and so much more. The personal stories are gripping since they detail all the hard times these young people have went through. I would have loved reading this as a teenager, and this is a great resource book for present day youth. I'm sure that teens who read this will realize that they're not alone, their condition has a name, and they can receive help for it. I read this via NetGalley, courtesy of the publisher.

A few years ago, I used to read nothing but nonfiction, and memoirs were my absolute favorite. These days, I don't read much nonfiction anymore, but when I saw *Freaking Out* on NetGalley, I knew it was a book I needed to read. Anxiety has been a recurring theme in my life over the past several years, and one thing that always makes me feel better is reading about how other people deal with things I've struggling with. I wish I had had a book like *Freaking Out* when I was a teenager. I would have eaten it up greedily, rereading it whenever I needed to feel less alone. The thirteen stories contained in this book provide a great solace for anyone dealing with anxiety, whether it be their own or a loved one's. This book covers a wide variety of people, situations, causes for anxiety, and methods for dealing with it, which I found to be both eye-opening and helpful. This is a relatively short read, but I think it works very well this way. Each chapter focuses on a different teenager facing different problems, all illustrated with an interesting style, and told in a familiar and somewhat confessional manner. I like this, because hearing stories that come straight from someone else's experiences (as opposed to being turned into a clinical essay) really make the subject matter hit home. It's rare for me to do this, but I liked *Freaking Out* so much that as soon as I finished reading the eARC, I went out and bought the book online. Sure, I'm 31 years old "far from being a teenager" but the stories of these teens still resonated with me in a powerful way. This is a book I want to keep on my shelves, because I know it will be a nice thing for me to go back to, and also a good book to share with my husband, my sister, and anyone else in my life who might be dealing with anxiety.

If you have ever suffered from anxiety, you may recognize yourself in these narratives. Thirteen teens share their battles with anxiety and OCD and the steps they took to find relief and freedom from fear. Young adults will identify with both the symptoms of their anxiety and the situations that bring it on. For each of the teens, the triggers are different but in many cases a trained counselor helps them find solutions that enable them to live a normal life. Readers struggling with similar problems will be assured that they are not alone and find hope within these pages!

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The Real Book of Real Estate: Real Experts. Real Stories. Real Life. CBT Worksheets for Teenage

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