

SECOND EDITION

# WHAT TO DO WHEN YOU WORRY TOO MUCH

A Kid's Guide to  
Overcoming Anxiety

By Dawn Huebner, PhD

Illustrated by  
Sabine Rothmund

A WORKBOOK  
for Kids  
from the  
AMERICAN PSYCHOLOGICAL  
ASSOCIATION

**Includes:**

SCIENCE-BACKED  
SKILLS AND  
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KID-FRIENDLY  
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# What To Do When You Worry Too Much

**M Tight**



**What To Do When You Worry Too Much:**

## Unveiling the Magic of Words: A Report on "**What To Do When You Worry Too Much**"

In a world defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is truly awe-inspiring. Enter the realm of "**What To Do When You Worry Too Much**," a mesmerizing literary masterpiece penned by way of a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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