Books and Website Resources

[www.onyourmind.org.uk](http://www.onyourmind.org.uk)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

[www.mind.org.uk/anxiety](http://www.mind.org.uk/anxiety)

[www.anxietybc.com](http://www.anxietybc.com)

[www.nhs.uk/conditions/anxiety-children](http://www.nhs.uk/conditions/anxiety-children)

[www.youngminds.org.uk](http://www.youngminds.org.uk/)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk/)

Overcoming Your Child's Fears and Worries: A Self-help Guide Using Cognitive Behavioural Techniques. Cathy Creswell, Lucy Willetts

Helping Your Anxious Child: A Step-by-step Guide for Parents Ronald M. Rapee , Ann Wignall

A Volcano in My Tummy: Helping Children to Handle Anger: A Resource Book for Parents, Caregivers and Teachers. Elaine Whitehouse, Warwick Pudney

What to Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger. Dawn Huebner

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety. Dawn Huebner

The Red Beast: Controlling Anger in Children, including those with Asperger Syndrome.. K.I. Al-Ghani

The Disappointment Dragon: Learning to cope with disappointment (for all children and dragon tamers, including those with Asperger syndrome) K.I. Al-Ghani

The Panicosaurus: Managing Anxiety in Children, including those with Asperger Syndrome. K.I. Al-Ghani

The Green-Eyed Goblin: What to do about jealousy - for all children including those on the Autism Spectrum K.I. Al-Ghani

The Huge Bag of Worries. Virginia Ironside.