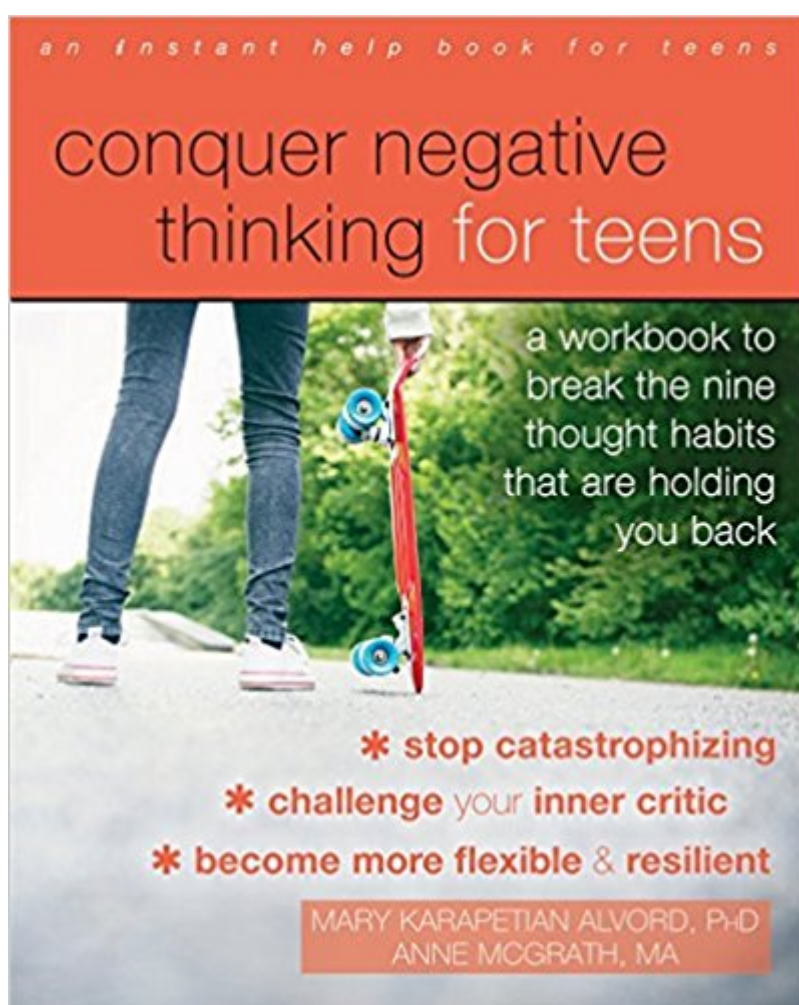




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# Conquer Negative Thinking For Teens: A Workbook To Break The Nine Thought Habits That Are Holding You Back



## Synopsis

You aren't what you think! For teens with negative thinking habits, a licensed psychologist and a health journalist offer cognitive restructuring—a simple and effective cognitive behavioral approach to help you break free from the nine most common negative thinking habits that typically result in feeling sad, worried, angry, and stressed. This workbook offers a powerful technique called cognitive restructuring to help you reframe your thoughts, regulate your emotions, become a more flexible thinker, and stop letting your thoughts define who you are and how you feel. You'll learn to target the nine specific kinds of negative thinking habits that can cause you to worry or feel bad, such as the I can't habit, the doom and gloom habit, the all or nothing habit, the jumping to conclusions habit, and more! Each chapter will walk you through simple explanations of each kind of negative thought, and offers real-life examples—as well as the sorts of behaviors, emotions, and bodily sensations that might be expected. You'll also gain an understanding of unhelpful or unrealistic thoughts, how to challenge them, how to replace them with more realistic and helpful thoughts, and an action plan for moving forward. By recognizing these negative thinking habits, you'll feel more in control and less anxious and sad. Most importantly, you'll be able to see yourself and the world more clearly. Your thoughts don't have to define who you are and how you experience life. The transdiagnostic approach in this book will show you how to kick negative thinking habits to the curb for good!

## Book Information

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## Customer Reviews

“With clear text, relatable examples, and useful exercises, this book gives teens the tools

they need to break free of negative thinking habits and learn to manage their moods. Highly recommended!

•Eileen Kennedy-Moore, PhD, author of *Raising Emotionally and Socially Healthy Kids* “In clear language and with accessible, age-appropriate vignettes, Alvord and McGrath do exactly what their title suggests, presenting the nine thinking habits that drag teens down. Better yet, they outline what to do about them with a step-by-step action plan. Easy to read and easy to follow, this immediately useful book will change lives.

•Dawn Huebner, PhD, psychologist and author of the *What-to-Do Guides for Kids* “Freud based his psychodynamic therapy upon exploring the irrational mind. Beck based cognitive behavioral therapy (CBT) on correcting irrational thoughts. Following Beck, *Conquer Negative Thinking for Teens* by Alvord and McGrath is a clear and practical guide to CBT. This well-written workbook shows teens how to discard distorted thoughts and take control of their own mental health. Informed by years of clinical experience, this book is not just a call-to-reason for adolescents. It will also help parents and professionals think straight and keep it real.

A great addition to the CBT literature!

•Daniel G. Shapiro, MD, developmental and behavioral pediatrics; author of *Parent Child Journey* “*Conquer Negative Thinking for Teens* gives families the tools to change negative thought patterns that contribute to anxiety, depression, and low self-esteem. It provides relatable examples and fun exercises that give teens control over their thoughts and emotions. Every teenager (and parent of a teen) needs to read this book!

•Kathryn Stamoulis, PhD, LMHC, therapist and adjunct psychology professor at Hunter College “Concentrate on the habits that hold you back. Explore other negative habits as you see fit. Diagnose yourself, and then learn to think about your own negative habits differently. And to boot, you will learn some bonus skills such as being mindful of the present moment and putting enjoyable activities in your schedule. This therapeutic strategy of Alvord and McGrath is a no-nonsense, practical approach with very clear steps that a teenager can take to break negative thoughts and habits. The teen gets solid advice based on some very basic principles and procedures of CBT. It is a book I will use with teens and their parents, and it is a book I highly recommend to therapists who work with teens.

•K. Daniel O’Leary, PhD, distinguished professor of psychology at Stony Brook University, and recipient of the APA 2015 Family Psychologist of the Year Award and the 2015 Elizabeth Hurlock Beckman Trust Award for mentoring graduate students “Great book for any anxious or depressed youth! Mary Alvord has thirty-five years of experience doing CBT with kids and teens. Alvord has distilled the essence of what she does in CBT therapy into this book. Alvord walks a teenager through the process of catching, challenging, and changing the negative thinking habits that make us anxious or

depressed. Her engaging style will grab tweens and teens. She does for her reader exactly what a good CBT therapist would do in person. The book is an awesome option for a youth who does not need, cannot find, or would prefer not to see a live CBT therapist. Kids and teens will recognize themselves in Alvord and McGrath's stories, and experience her compassion and gentle, persistent encouragement to alter thinking habits that have made them anxious or depressed. I highly recommend Alvord and McGrath's very readable book for use as a supplement to or alternative to therapy. An important addition to our toolbox!

• Jennifer Lish, PhD, director of the Worcester Center for Cognitive Behavior Therapy

“Mary Alvord and Anne McGrath's new book, *Conquer Negative Thinking for Teens*, is an exciting new resource for adolescents and their families. This is a practical and highly useful guide for young people who are feeling overwhelmed by negative emotions and thought patterns. Alvord and McGrath provide a clear path for adolescents to recognize common negative thought patterns, and to learn how to overturn those patterns in favor of a more realistic and balanced state of mind. I expect that my patients and their families will really benefit from Alvord and McGrath's straightforward and accessible approach.”

• Matthew Biel, MD, MSc, chief of the division of child and adolescent psychiatry at MedStar Georgetown University Hospital, and associate professor of clinical psychiatry and pediatrics at Georgetown University School of Medicine

“This book for teens is written in a manner that displays the authors' ability to connect effectively with teens, comprehensive knowledge of the science pertaining to the treatment of internalizing disorders, and broad and deep experience base collaborating with teens to promote their wellness. I'm confident that teens will find this book to be very relatable and highly practical. Moreover, I believe teens would find that a small investment of their time with this book stands to significantly benefit their day-to-day mental health and wellness. Finally, I believe that clinicians would find that the many practical exercises in this book would synergize their clinical work with teens.”

• David Palmiter, PhD, ABPP, author of *Practicing Cognitive Behavioral Therapy with Children and Adolescents* and *Working Parents, Thriving Families*; fellow at the American Psychological Association; past president of the Pennsylvania Psychological Association; and professor of psychology and counseling at Marywood University

“There is no other workbook like this. Concise, thorough, and easy to use, it fills a need felt by clinicians every single day. I plan on giving it to every teen in my practice.”

• Catherine McCarthy, MD, child and adolescent psychiatrist in Virginia

Mary Karapetian Alvord, PhD, is a licensed psychologist with more than thirty-five years of clinical

experience, and is director of Alvord, Baker & Associates. She specializes in treating children, adolescents, and adults using cognitive behavior therapies. A central focus is children and teens with depression, anxiety disorders, attention deficit/hyperactivity disorder (ADHD), and other emotional and behavioral regulation problems. She is adjunct associate professor of psychiatry and behavioral sciences at The George Washington University School of Medicine and Health Sciences, and is a fellow of both the American Psychological Association and of the Association for Behavioral and Cognitive Therapies. She is coauthor of Resilience Builder Program and the audio recordings, Relaxation and Self-Regulation Techniques for Children and Teens and Relaxation and Wellness Techniques (for adults). Anne McGrath, MA, is executive editor of publications at U.S. News & World Report, where she has written and edited on subjects from health and mental health to investing and education for over thirty years. She is currently responsible for three of the publisher's signature guidebooks: Best Graduate Schools, Best Colleges, and Best Hospitals. She is also original editor of several books on getting into law school and medical school. She holds her master's in journalism from Syracuse University

Alvord and McGrath have done more than create a workbook for teens to conquer negative thinking--they've created a "powerbook" to enable teens to be more aware of how things they say and think to themselves affect them. More importantly, teens who experience sadness, worry, anger, or stress are empowered to change from "can't do" to "can try" thinkers and take action. This "powerbook's" user friendly and step-by-step guidance facilitates successful mastery by teens on their own or jointly by teens and their therapists, parents, or teachers. Jana N. Martin, Ph.D.,  
Licensed Psychologist

These teen workbooks are the best!!!

My son has benefitted from working with Dr. Alvord tremendously. For those that don't have this opportunity, her book gives you many of her tools to help your teen. This book is easy to follow and has insightful and age-appropriate activities for teens. I am also a school social worker and will use this book with my students in the Fall. Also, check out her resilience builder book- another must have! Thank you, Dr. Alvord for all you do!

This book is an excellent resource for teens facing one of the greatest obstacles we all know: Negative Thinking. "Conquer Negative Thinking for Teens" is written

with skill, empathy and helpful exercises so that, by the time you are finished, you'll be well on your way to becoming a more realistic and proactive individual. Chock full of practical steps, useful tips and examples, Alvord and McGrath offer material to overcome obstacles and anxieties and provide a clear path to a more confident life.

Written by an internationally-recognized expert in the field, *Conquer Negative Thinking for Teens* is a highly practical workbook that should be read broadly. It is helpful for teens experiencing negative thinking, including those facing stressors, depression, anxiety, anger, and related problems. The book is grounded in Cognitive Behavioral Therapy (CBT), an approach that has been demonstrated to be helpful in hundreds of scientific studies. Dr. Alvord has skillfully incorporated evidence-based CBT practices into exercises that teens will actually want to do. It is easy to use and accessible to teens and parents alike, and is simultaneously instructive for therapists and child psychiatrists like myself looking for the best ways to mobilize resilience in our patients.

As a therapist who works with teens, this book will be an invaluable resource. The concepts are presented in a concise manner, illustrated with interesting and varied examples. The easy to use activities that follow are engaging and extremely helpful. This unique book effectively explores negative thinking across diagnoses and therefore can be used by any teen struggling with distorted thoughts. Mary Alvord has provided a very well written, user friendly book that offers teens hope and a path to a healthier future.

As a psychotherapist who works primarily with parents and as a parent myself, I am so grateful for Mary Alvord's new book, '*Conquer Negative Thinking for Teens: A Workbook to Break the Nine Thought Habits That Are Holding You Back*.' One teen I know who struggles with anxiety and negative thinking told me, "It's like the person who wrote this book knows exactly how and what I worry about. Now I can remember the activities and what I learn in each chapter so I can try to approach my worries in a different way." High praise from a teen who is using the lessons from this workbook to effect change in their own life. I will definitely be recommending this book to clients, parents and their teens. Excellent resource for teens!

This book is Amazing! I have been in practice for 13 years and this book is one of the most user friendly work books I have ever come across. In my practice I specialize in treating Depression and Anxiety and I find that this simple, easy to navigate and interesting guidebook has improved my

skills and been an important tool for me in dealing with teens. I can't say enough about this book, and how applicable it is when dealing with clients who deal with negative thoughts and cognitive distortion. It is also a nice conversation started for families and dealing with teens and their parents. It is helpful to have them do some of the exercises together. I am grateful for this tool in my clinical practice and think it would also be valuable to teens to have at home! 5 stars!!

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Positive Thinking: Conquer Negativity and Maximize Your Potential; Strategy Guide to Permanently Conquer Negativity and Negative Self-Talk With the Power of Positive Thinking  
Positive Thinking: 50 Positive Habits to Transform your Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1)  
Conquer Your Fears and Phobias for Teens: How to Build Courage and Stop Fear from Holding You Back  
Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1)  
Rewire: Change Your Brain to Break Bad Habits, Overcome Addictions, Conquer Self-Destructive Behavior  
The End Of Chaos: Break Away From Bad Habits, Addictions And Self Destructive Tendencies Before They Break You  
Breaking Bad Habits: 11 Steps to Freedom (addiction, food addiction, sugar addiction, gambling addiction, addiction recovery, habits, breaking bad habits)  
Million Dollar Habits: 27 Powerful Habits to Wire Your Mind For Success, Become Truly Happy, and Achieve Financial Freedom (Habits of Highly Effective People Book 1)  
CRITICAL THINKING: A Beginner's Guide To Critical Thinking, Better Decision Making, And Problem Solving ! ( critical thinking, problem solving, strategic thinking, decision making)  
A Self-Guided Workbook for Highly Effective Teens: A Companion to the Best Selling 7 Habits of Highly Effective Teens  
How to have an amazing sex life with herpes: What you need to learn so you can feel sexy & attractive without herpes holding you back from enjoying intimacy. (Guides Book 4)  
Born to Conquer and Other Short Stories: Born to Conquer, Clouds on the Circle P, An Evening's Entertainment, Ride the River, The Stranger  
Conquer Your Year: The Ultimate Planner to Get More Done, Grow Your Business, and Achieve Your Dreams (The Conquer Series)  
The Break Up Manual For Men: How To Recover From A Serious Break Up, Become Stronger and Get Back Into Life  
Prayers to Break Negative and Evil Soul Ties, Agreements and Covenants (Deliverance Series Book 4)  
Relaunch Your Life: Break the Cycle of Self-Defeat, Destroy Negative Emotions and

Reclaim Your Personal Power DECLUTTER YOUR MIND A Life Changing Guide for You to Eliminate Stress, Remove Negative Thinking, Increase Happiness, and Overcome Anxiety Do It Scared: Charge Forward With Confidence, Conquer Resistance, and Break Through Your Limitations.

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