

**ANXIETY - VIRTUAL BOOKS**

<b>Author</b>	<b>Title</b>	<b>Publication Date</b>	<b>Format</b>
Adams, Christine A.	Worry, Worry, Go Away!	2014	Hoopla ebook
Alter, Robin	The Anxiety Workbook for Kids	2016	Hoopla ebook
Chopra, Mallika	Just Breathe	2018	Overdrive/Libby-audiobook
Cook-Cottone, Catherine	Mindfulness for Anxious Kids	2018	Hoopla ebook
Crist, James	What to Do When You're Scared and Worried	2014	Hoopla ebook
Delude, Kimberly	Freddie and Friends: Becoming Unstuck: A Story About Letting Go of Your Worry Bug	2020	Hoopla ebook
Duhig, Holly	A Book About Anxiety	2020	Hoopla ebook
George, Mike	You Can Relax and Avoid Stress	2017	Hoopla ebook
Graves, Sue	Lion Is Worried	2017	Hoopla ebook
Guanci, Anne Marie	David and the Worry Beast	2010	Hoopla ebook
Haley, Charly	Worried	2019	Hoopla ebook
Hudson, Lynda	Let Your Worries Fly Away	2012	Hoopla audiobook
Hudson, Lynda	Let Go of Anxiety	2008	Hoopla audiobook
Jackson, J.S.	Letting Go of Stress	2015	Overdrive/Libby-ebook
Khanna, Muniya S.	The Worry Workbook for Kids	2018	Hoopla ebook
Kimmel, Eric	Why Worry?	2019	Hoopla ebook
Loh-Hagan, Virginia	Breathe In, Breathe Out	2020	Hoopla ebook
Mundy, Michaelene	Getting Out of a Stress Mess!	2014	Hoopla ebook
Romain, Trevor	Stress Can Really Get on Your Nerves	2018	Hoopla ebook
Sanchez, Victoria	Pilar's Worries	2018	Hoopla ebook
Sjonger, Rebecca	Stress Less! A Kid's Guide to Managing Emotions	2018	Hoopla ebook
Spalding, Maddie	12 Tips for Managing Stress and Anxiety	2017	Hoopla ebook
Spelman, Cornelia Maude	When I Feel Worried	2013	Hoopla ebook
Verdick, Elizabeth	Worries Are Not Forever	2020	Hoopla ebook
White, Jeff	A Flurry of Worry	2018	Hoopla ebook
Willard, Christopher	Alphabreaths	2019	Hoopla ebook
<b>Other Related Feelings Books</b>			
Dinmont, Kerry	Sad	2019	Hoopla ebook
Dinmont, Kerry	Afraid	2019	Hoopla ebook
Dinmont, Kerry	Lonely	2019	Hoopla ebook
Gaertner, Meg	Disappointed	2019	Hoopla ebook
Ross, Tracey	My Book of Feelings	2019	Overdrive/Libby-ebook