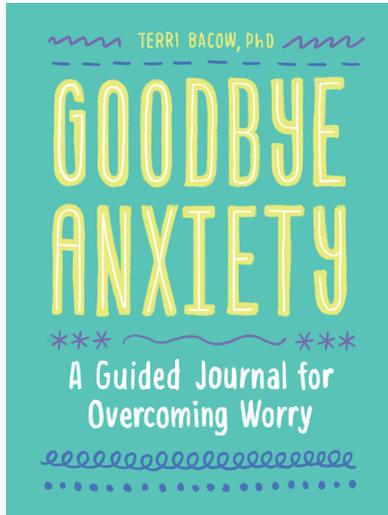


PLEASE DO NOT POST REVIEW BEFORE: On sale December 7, 2021
CONTACT: Molly Woolbright, Publicist, mwoolbright@sasquatchbooks.com
AVAILABLE: Author interviews • Excerpts • Bylines • Books for select giveaways



Goodbye, Anxiety

A Guided Journal for Overcoming Worry

Terri Bacow, PhD

Young adults are experiencing extraordinary amounts of stress and often feel anxious and overwhelmed; the 100 teen-friendly prompts, exercises, and coping strategies in this guided journal are expertly designed to help them break out of the worry cycle and find relief they need.

Research has shown writing down your worries, anxieties, and fears has a measurable effect in reducing anxiety. Psychologist Terri Bacow, PhD, developed this guided journal based on a cognitive behavioral therapy (CBT) approach to diminish insecurities, conflicts, and stressors. Even better, young adults will learn practical coping skills that can be used whenever they feel anxious.

From social media and body image to love and friendship, this journal covers topics that contribute to teen anxiety, and includes youthful art and relatable pop culture references. It's a perfect companion for those struggling with anxiety. Just a few minutes a day will help teens feel calmer and better able to handle stress. In it, they will learn to:

- Identify anxiety triggers
- Change unhelpful thinking patterns
- Learn healthy mental habits like self-compassion

“Goodbye, Anxiety translates sophisticated psychological science into a helpful, hopeful, step-by-step guide for bringing worries and nerves under control. Dr. Terri Bacow has created an invaluable resource that will help teens and young adults understand how anxiety works, how to manage it, and how to find a lasting sense of calm.”

—LISA DAMOUR, PHD, AUTHOR OF *UNTANGLED AND UNDER PRESSURE*

PRAISE FOR *GOODBYE, ANXIETY*:

“This book does the near impossible. It gives you a practical, simple, proven way to eliminate toxic worry from your life and subdue anxiety.”

—Edward Hallowell, MD, author of *ADHD 2.0*

“*Goodbye, Anxiety* offers support, empathy and—most importantly—actionable activities and guidance to help readers overcome worry, increase self-esteem and feel less alone. I couldn't recommend this book more highly.”

—Lindsey Pollak, *New York Times*—
bestselling author of *Getting from College to Career* and *Recalculating: Navigate Your Career Through the Changing World of Work*

“*Goodbye, Anxiety* is a book that you will use and re-use as you navigate life and all it throws at you.”

—Rachel L. Goldman, PhD, clinical assistant professor at NYU School of Medicine, licensed psychologist, media contributor, speaker, and consultant

“Dr. Bacow is an incredibly gifted scholar and clinician who has designed such an innovative, user-friendly tool for youth—*Goodbye, Anxiety* is full of evidence-based strategies to help teens manage worry and anxiety.”

—Donna B. Pincus, PhD, CAS Feld Family Professor of Teaching Excellence at Boston University and author of *Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety*

Goodbye, Anxiety

A Guided Journal for Overcoming Worry
Terri Bacow, PhD

Available wherever fine books are sold.

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\$16.95

176 pages

Paperback

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ABOUT THE AUTHOR



Photograph by Zencare

A Brown University graduate, **TERRI BACOW** received her doctorate in clinical psychology from Boston University, where she trained at the Center for Anxiety and Related Disorders. An expert in cognitive behavioral therapy (CBT), Dr. Bacow has authored several peer-reviewed papers based on her research, and works with clients in her private practice. She has been featured in *Women's Health* and *Shape* magazines.

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