

**Interdisciplinary Child Study Group
Book Resource List for
OCD/ANXIETY/TOURETTES**

Title	Author	Remarks	Category
Brain Lock	Jeffrey M. Schwartz	4-step approach to OCD	OCD/Anxiety
Freeing Your Child From Anxiety: Powerful, Practical Solutions to Overcome Your Child's Fears, Worries & Phobias	Tamar E. Chansky		OCD/Anxiety
Freeing Your Child From Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents	Tamar E. Chansky		OCD/Anxiety
Shadow Syndromes: The Mild Forms of Major Mental Disorders that Sabotage Us	John J. Ratey, MD		OCD/Anxiety
The Anxiety Workbook for Teens	Lisa Schab		
New Jersey Center for Tourette Syndrome			
www.worrywise.org			
A few koosh balls for kids to play with, toss around or just pull apart. Adults like them too.	Adam Price		