



Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment

By Aureen Pinto Wagner Ph.D.

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Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment By Aureen Pinto Wagner Ph.D.

Over one million children and adolescents in the US suffer from Obsessive-Compulsive Disorder (OCD), a baffling illness that can be debilitating for the child in school, with friends and family. Help is now available! Cognitive-Behavioral Therapy (CBT) is the gold standard of treatment for OCD, and offers youngsters and their families the path to mastery over OCD. In this uniquely creative and heart-warming book, Dr. Wagner, an internationally recognized expert in the treatment of childhood OCD, uses the powerful real-life metaphor of the Worry Hill to describe OCD and its treatment clearly and simply through the eyes of a child. Children and adults will identify with Casey's struggle with OCD, his sense of hope when he learns about treatment, his relief that neither he nor his parents are to blame, and eventually, his victory over OCD. Parents and Professionals can use this book alone or together with the companion book, *What to do when your Child has Obsessive-Compulsive Disorder*. This is the only children's OCD book that has a companion book for parents.

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Editorial Review

From the Publisher

This book contains information on child anxiety, anxiety in children, child OCD, obsessive compulsive in children, OCD in children, anxious children, worried child and anxious child.

About the Author

DR. AUREEN PINTO WAGNER is Director of The Anxiety Wellness Center in Cary, NC, Adjunct Associate Professor at the University of North Carolina at Chapel Hill, and member of the Scientific Advisory Board of the International OCD Foundation. Dr. Wagner is a clinical child psychologist, anxiety treatment expert and sought-after international speaker who is recognized for her unique Worry Hill(R) treatment approach. She is the author of several highly acclaimed books on anxiety and its treatment.

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