



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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** The only OCD book for children and adolescents that has a companion book for parents**

Up and Down the Worry Hill helps parents and professionals explain Obsessive-Compulsive Disorder to children clearly and simply through the eyes of a child. Children will identify with Casey's initial 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.

In the US alone, there are over 1 million children with OCD. The author's unique story and metaphor of the Worry Hill makes OCD and its treatment easy for children to understand. Now is a time for optimism and hope because OCD can be treated successfully. This book, along with its companion guide for parents What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions brings hope and help to countless children and families who suffer from this baffling illness. The metaphor of the Worry Hill is a common thread that weaves through both books.

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Editorial Review

About the Author

Dr. Aureen Pinto Wagner is a Clinical Child Psychologist and Director of The OCD and Anxiety Consultancy in Rochester, NY. She is also the author of the critically acclaimed books *What to do when your Child has Obsessive-Compulsive Disorder: Strategies and Solutions*, and *Worried No More: Help and Hope for Anxious Children*. Dr. Wagner provides training workshops and consultation for clinicians and school personnel in Cognitive-Behavioral Therapy for OCD and anxiety. She frequently presents seminars and leads discussion groups on anxiety for parents and families, and contributes to radio, television and newspapers as an expert on anxiety-related topics. Dr. Wagner lives in Rochester, NY with her family.

Users Review

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Erica Clark:

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Stacey Eades:

Often the book *Up and Down the Worry Hill: A Children's Book About Obsessive-Compulsive Disorder and Its Treatment* has a lot associated with on it. So when you read this book you can get a lot of help. The book was written by the very famous author. This articles author makes some research just before write this book. This kind of book very easy to read you will get the point easily after looking over this book.

James Anderson:

The reason why? Because this *Up and Down the Worry Hill: A Children's Book About Obsessive-Compulsive Disorder and Its Treatment* is an unordinary book that the inside of the guide waiting for you to snap the item but latter it will surprise you with the secret that inside. Reading this book next to it was fantastic author who write the book in such awesome way makes the content within easier to understand, entertaining way but still convey the meaning fully. So , it is good for you for not hesitating having this any longer or you going to regret it. This excellent book will give you a lot of positive aspects than the other book possess such as help improving your proficiency and your critical thinking way. So , still want to delay

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