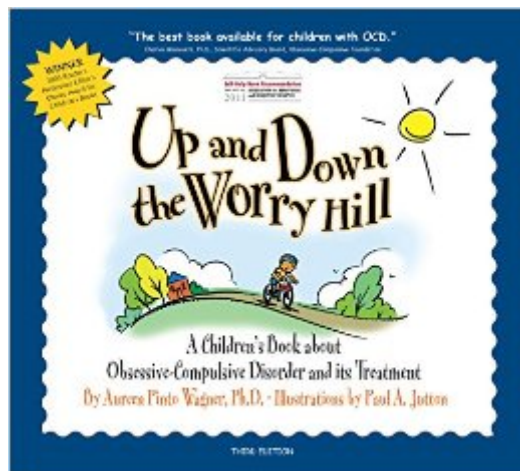


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# Up And Down The Worry Hill: A Children's Book About Obsessive-Compulsive Disorder And Its Treatment



## Synopsis

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.

## Book Information

Paperback: 48 pages

Publisher: Lighthouse Press; 3rd ed. edition (August 21, 2013)

Language: English

ISBN-10: 0979539250

ISBN-13: 978-0979539251

Product Dimensions: 8.1 x 0.3 x 9.5 inches

Shipping Weight: 4.8 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (35 customer reviews)

Best Sellers Rank: #58,228 in Books (See Top 100 in Books) #52 in [Books > Children's Books > Growing Up & Facts of Life > Difficult Discussions > Illness](#) #97 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #186 in [Books > Parenting & Relationships > Special Needs](#)

Age Range: 7 - 10 years

Grade Level: Preschool - 3

## Customer Reviews

Wow, I found this book and brought it home, my son and I sat on the couch together before dinner and read the first 29 pages. When we stopped I told him to do his homework. Part of his homework was just to write a sentence and draw a picture about something he did that day. When he was

done he handed it to me and I began to CRY. He had drawn a picture of us reading the book and there were little "word bubbles" above the pictures he drew, one said "up and down the worry hill", the other said "thank you mommy" and the other said "you're welcome"! Then below was an explanation, it said in the cuteset misspelled 7yr olds words, "My mom got me a new book and I like it because it helps my problems with feelings"OMG!! My baby is so happy he isn't the only one who has this! I and he reccomend this book!!

This book made my son feel SO much better - immediately after he read it! Knowing he wasn't "crazy" as well as giving clear information on what he could do to control his OCD instead of it controlling him made all the difference in the world! Riding Up and Down the Hill is exactly what we did to help in the exposure therapy and ritual prevention and he was able to "hold on" until we reached the top of the hill and then he was so happy to ride down the other side. In turn, his OCD "shrank". He was so proud of himself and so was I! I also highly recommend the other book Dr. Wagner wrote entitled "What to Do When Your Child Has OCD". It's a must for parents!! Thank you Dr. Wagner!!! You are wonderful and have made such an impact on my son, his OCD and our family!!

My daughter, who's 7, was able to read this book fairly independently. She has had OCD for many years, but had never encountered any other children who have this disorder. Reading about other kids with this problem, plus seeing there was something that could be done about it, was so enlightening for her. I highly recommend it!

My 9-year old found this too easy for her. She also said the boy "wasn't like her" because of his compulsiveness (she has obsessive thoughts mostly). However, in the next few days I caught her doing some of her semi-complusive routines and told her she was more like the boy than she thought. She agreed. I wish we could have found this book a few years ago. But it did open up a dialogue about some things, which was great for us. It's one of the few children's books out there on the subject so I wouldn't pass it up, even if it was a little juvenile for your child.

As a clinician specializing in the treatment of OCD, I highly recommend this book as a resource to clinicians and families with a child with OCD. I've used in in my practice and found it to be a wonderful resource. Clinicians can buy several copies and loan them out to their clients or recommend that their clients get this book.Larina Kase, PsyD, [...]

I'm the mother of an 8-year old daughter diagnosed with OCD. This book opened up new doors for us in treating this disorder. It has been perfect for her, and she actually wants to sit down with me to read it. I believe that giving her obsessions/rituals an actual name and introducing her to a child who struggles with similar issues is a major step in our road to living triumphantly over OCD. I strongly recommend *What to Do When your Child has Obsessive-Compulsive Disorder* to go along with it--I ordered both and, along with my Bible, they have a home right next to my bed and already have worn pages!

I read this with my five year old, hoping for that epiphany moment so many other parents described on here. He seemed to think the book was okay and interesting. We read it a few times. It helped him to identify OCD and talk a little more openly about it, but it wasn't like lightning hit us or anything. :)I'm glad we bought this book, anything to help our child, and I would do it again. I did skip over anything that introduced a new worry to him. I'm not sure what the right age would be for this. I think it would be lost on a child any younger than mine, but would be too young for a child over maybe ten or twelve.... not sure though.Also, our son was diagnosed with PANDA, so his OCD came out of nowhere. I'm not sure if parents would have a different experience if this is something they were dealing with for years verses weeks.

Purchased this book for a friend's child suffering from OCD. Easy to read and to understand a very complex condition.I highly recommend this book for professionals working with families and children as a resource for their young patients and for anyone. My friend greatly appreciated the gift and so did her child. Excellent book. I highly recommend.

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"Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear  
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