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This has got to be one of the best books I've used to help teach youth (ages 8 to 18) about "false alarms" arising out of trauma (as well as their families). This is a step by step book - that first introduces the brain in an easy fashion to youth. Then talks about why the alarm sounds - and why sometimes it goes off when there is no danger.

Help! I've Got an Alarm Bell Going Off in My Head!: How ...

This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing. It describes how our bodies can become very sensitive and set off false alarms, and includes tips and activities to help you reduce feelings of anxiety and keep your nervous system healthy.

Help! I've Got an Alarm Bell Going Off in My Head ...

Ever wondered what happens inside our bodies when we feel angry, nervous, stressed or anxious? This straightforward, illustrated guide explores just that, explaining what happens to the brain and nervous system when that alarm bell in our heads starts ringing.

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Help! I've Got an Alarm Bell Going Off in My Head! □ author interview. ... I hope that an understanding of □the alarm system□ will help readers to feel more in control and more able to ask for help if they need it, without feeling embarrassed. I think a lot of people struggle because they don□□t know their difficulties are physiological.

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