



Anxiety-Free Kids: An Interactive Guide for Parents and Children

Bonnie Zucker

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Anxiety-Free Kids offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy by integrating the parent in the child's self-help process.

Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less developed social skills, and to be more vulnerable to substance abuse. The author employs cognitive-behavioral therapy, the most empirically supported treatment of anxiety disorders, along with a family approach to build a supportive team to help kids with anxiety successfully overcome their worries.

Covering the six most commonly occurring anxiety disorders in childhood—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears.

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Anxiety-Free Kids: An Interactive Guide for Parents and Children can be one of your nice books that are good idea. We recommend that straight away because this book has good vocabulary that can increase your knowledge in terminology, easy to understand, bit entertaining but nonetheless delivering the information. The article author giving his/her effort to set every word into satisfaction arrangement in writing Anxiety-Free Kids: An Interactive Guide for Parents and Children yet doesn't forget the main point, giving the reader the hottest as well as based confirm resource info that maybe you can be among it. This great information could drawn you into brand new stage of crucial considering.

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