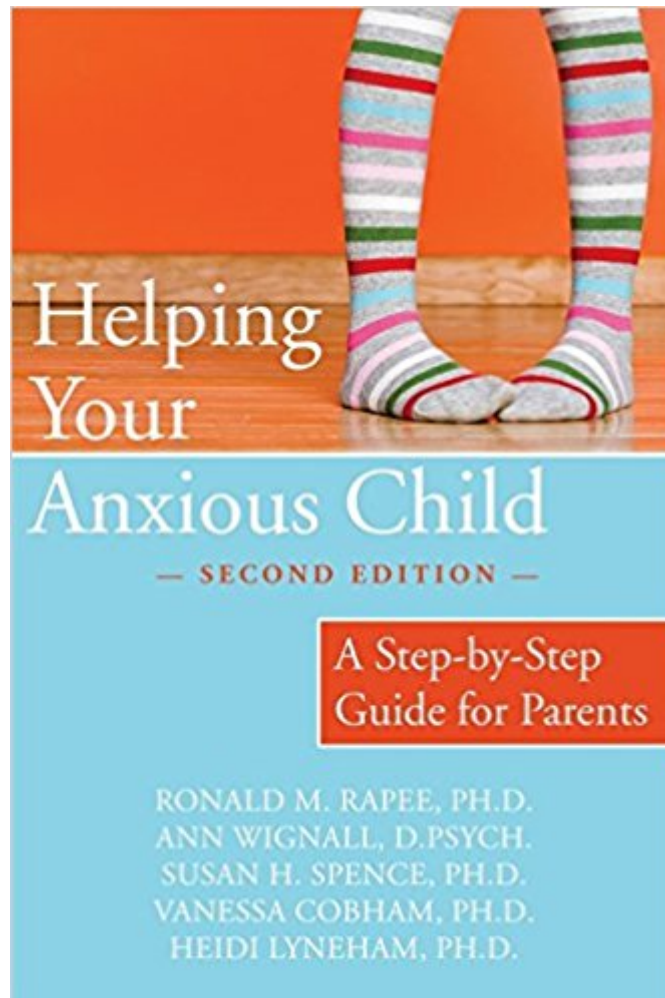




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Helping Your Anxious Child: A Step-by-Step Guide For Parents



Synopsis

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to:

- Help your child practice "detective thinking" • to recognize irrational worries
- What to do when your child becomes frightened
- How to gently and gradually expose your child to challenging situations
- Help your child learn important social skills

This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Book Information

Age Range: 7 and up

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Customer Reviews

• In *Helping Your Anxious Child*, parents are provided a step-by-step guide for assisting their children in overcoming a panoply of worries, fears, and anxieties. The strategies described are well-established ones, backed by considerable scientific support. Parents will find this book engaging, easy to read, and full of important ideas about how best to help their children. •

• Thomas H. Ollendick, Ph.D., University Distinguished Professor in the department of psychology, Virginia Tech

This revised and expanded edition of the best-selling *Helping Your Anxious Child* offers parents the most up-to-date, proven-effective techniques for helping children overcome anxiety.

This book was a great help for me. My 11yr old goes for therapy but I needed help dealing at home. I skip through to a part that pertains to the certain circumstance. Great help for any person that has to deal with an Anxious child.

AS a therapist I highly recommend this book! offers work book and homework for parents and child.

Somewhat helpful. Some good advice. Would have been nice to have more concrete behavioral tips, but all in all a good book.

My teenager suffers from PTSD - his anxiety is so sky high that he was rarely going to school. After a years worth of visits to psychiatrists and medication which was not working, I purchased this book and put it in action the week it arrived. My son had not made it to school on a Monday or Tuesday since the school year began - after one session of "realistic thinking" on Sunday nite - he went to school Monday! He was then able to go all week - even to midterm exams! On the following Sunday nite his anxiety began again and we started another round of realistic thinking - he made it to school. You must try this book - it is excellent!

Very informative.

Great book and it has helped a lot. I would suggest this book to anyone that has a child that is anxious.

This book was highly recommended by a psychiatrist family friend for the parent of my young

nephew who's father died to help him cope with his anxiety.

Great book for helping your child deal with anxiety. Has exercises that help your child control the anxiety. Would definitely recommend.

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