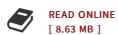




Freeing Your Child from Anxiety, Revised and Updated Edition Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens

By Tamar Chansky Ph. D.

Harmony. Paperback. Book Condition: New. Paperback. 480 pages. Dimensions: 8.0in. x 5.1in. x 0.9in.Childhood should be a happy, carefree time. Yet too many children are stressed-out and exhibiting symptoms of anxiety. In Freeing Your Child from Anxiety, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life. Parents everywhere want to know: What is normal How can you know when stress has crossed over into a full-blown anxiety disorder How can you prevent anxiety from taking root And how do you help your son or daughter break free from a pattern of fear and worry and lead a happy, productive life Fortunately, anxiety is very treatable, and parents can do a lot to help get their childrens emotional well-being back on track. Freeing Your Child from Anxiety contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture. Learn the tips, techniques, and exercises kids need to implement the books advice right away, including How to Talk to Your Child...



Reviews

Extremely helpful for all class of folks. It is really simplified but excitement from the 50 percent of your ebook. You wont sense monotony at at any moment of your time (that's what catalogs are for about if you check with me).

-- Prof. Zachary Pollich V

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