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*Author of Freeing Your Child from
Obsessive-Compulsive Disorder*

FREEING YOUR CHILD FROM ANXIETY

REVISED AND UPDATED EDITION

COMPLETELY
UPDATED AND
EXPANDED

PRACTICAL STRATEGIES TO OVERCOME FEARS,
WORRIES, AND PHOBIAS AND BE PREPARED FOR
LIFE—FROM TODDLERS TO TEENS

Tamar Chansky Ph.D.

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



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Childhood should be a happy, carefree period. Too many kids are stressed-out and exhibiting symptoms of anxiety. In *Freeing YOUR SON OR DAUGHTER from Anxiety*, childhood anxiousness expert Dr. Tamar Chansky shares a successful approach for helping children build psychological resilience for a happier and healthier life. Do It Today! How exactly to Speak to your Child? How can you prevent anxiousness from acquiring root? This revised and up to date edition also teaches how exactly to prepare children to withstand the pressure inside our competitive test-driven tradition. Fortunately, anxiety is quite treatable, and parents can execute a lot to help obtain children's sections and "and ensure that their kids have the various tools they want for a good lifestyle tomorrow. And how will you help your kid liberate from a design of fear and be concerned and lead a happy, productive life? Learn the tips, techniques, and exercises kids need to implement the book's advice immediately, including "How will you know when stress has crossed over into a full-blown anxiety disorder? emotional well-being back again on the right track. Parents everywhere wish to know: What's normal? activities at the end of each chapter. These simple solutions might help parents prevent their kids from needlessly suffering today—Freeing Your Child from Anxiety includes easy, fun, and effective tools for teaching kids to outsmart their concerns and take charge of their fears.



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The best & most helpful book I've ever encountered on . Specifically great if you are an anxious parent yourself!. The best & most helpful book I have ever encountered on anxiety. I have 10 years' experience guidance kids and adolescents, but this book helped me to comprehend the thoughts and emotions of the anxious child in a whole new light. I have a young child who I felt needed just a little nudging in the self-confidence department. Often, such parents do not also realize that the child is suffering from anxiety. This reserve helps demystify the "whys" behind stress, both psychologically and biologically. It also offers extremely practical "solutions" for coping with anxiety, basically some cognitive behavioral therapy techniques that the lay person can perform within the context of a family group or close romantic relationship with the child. Part of today's issue is certainly that parents are so extremely anxious themselves that their personal high goals and desire to keep the child happy, hangs over the child like a dark cloud. The publication provided some strategies we're able to implement to deescalate the adverse emotions she was having.! This book doesn't replace a trained therapist, but I think every parent struggling with an anxious child should read this book prior to starting therapy (at least the information chapters). Understanding the child's anxiety may be the first step toward assisting him conquer it, which book does an incredible job of trying to explain to the concerned adult in his lifestyle.I have struggled myself with nervousness, and We felt that this publication really helped me pinpoint my very own erroneous thought procedures and pointed me in direction of healthier thinking. This publication was recommended by my pediatrician. However, actually adults can benefit from reading this book. The same strategies work for adults, with or without the cutesy phrases (your decision!)The only adverse comment I have is that the reserve is SO informative and dense, I felt like I needed to sit and read (some passages 2-3 times) in silence and with a highlighter to truly capture everything getting said. Best publication yet on understanding your anxious child. I'd give it five stars except my daughter refuses to listen to me when I make an effort to teach her coping skills, therefore i don't have proof they work yet.CAN'T RECOMMEND ENOUGH for someone who loves, or works together with, a child experiencing anxiety. The Bible of Child Anxiety I cannot imagine there being truly a more thorough and easily accessible publication out there on childhood stress. High recommendation from the author of Raising OUR KIDS, Raising Ourselves From the writer of Raising OUR KIDS, Raising Ourselves: This is an excellent book every mother or father should read, even if they don't think they have an anxious child. useful, doable book Seriously, for those who have a child of any kind of age who suffers from anxiety, this is an exceptionally helpful, practical, useful, doable reserve. The strategies detailed are really simply cognitive behavioral therapy using kid-friendly language. (Even though I've a graduate level in clinical psychology). Excellent resource for anxious parents with anxious kids One of the best books out there for understanding nervousness. It is well written and reference is quick.We purchased this publication when my girl had an stress and anxiety relapse and couldn't get in to see her former psychologist for many months. It can be very hard for parents and various other adults to relate to anxious children because they don't know how gripping the harmful emotions are, or the cognitive procedures behind the anxiety that make it so hard to break.). The various other child is not a problem, I don't want help with her, she actually is excellent in college and behaves well..." The parent will not recognize that their good child is more likely to end up being in a greater dependence on help. I highly recommend for any parent who has a child fighting any type of "the concerns" (as my daughter phone calls them ?). After struggling to help her for six lengthy weeks, I found this book and it helped IMMENSELY with

understanding and coping with her worried mind (seriously saw a change in her thought process within a couple of days! Tamar's reserve will guide you in order to both, identify and heal the anxious child. Highly recommended. A great reference for all parents! It had been readable and actually helped me understand what she was experiencing. This really helped me and my child! This was strongly suggested by my daughter's therapist This was strongly suggested by my daughter's therapist. My five year old started Kindergarten this season and unexpectedly developed serious generalized anxiety. There are various others. It provided her immense relief with out a lot of effort on our part. Parents frequently call for my advice saying, "I've one difficult child. That is one way parents can miss the signs of an anxious kid. It covers a tremendous amount of information, however the format is user-friendly. AMAZING! This is not something I must say i have much event to do in my life as a busy mom of three, but I tried to devote as much time as I could to do the book because of the severity of the situation with our daughter. This book has plenty of great approaches for helping and living with anxious kids. It's the best book I've read on this issue and it gave me a apparent insight into how stress and anxiety works. This is not a really knock on the publication, just anticipate having some tranquil and concentration before you get the most from it! While reading, I in fact learned a lot about myself and my very own anxieties.. My head to recommendation as a medical expert. Five Stars GREAT, THANK YOU!!! Would not recommend School recommended. Waste of time . Also suggested for teachers and college staff, just to understand what helps an anxious student and what doesn't. For those who have a child that suffers a lot more than typical from anxiety, I highly recommend this book as you parent to another. Five Stars Great go through with a lot of resources for both parents and educators. Four Stars Great book Phenomenal Resource for Parents and Teachers Phenomenal comprehensive resource for anyone needing information regarding dealing anxiety and children



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