

"The best book available for children with OCD."

Barry M. Prusoff, M.D., Director, Anxiety and Obsessive Compulsive Foundation

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# Up and Down the Worry Hill



A Children's Book about  
Obsessive-Compulsive Disorder and its Treatment

By Aaron Pincus Wagner, Ph.D. • Illustrations by Paul A. Jettison

SECOND EDITION

Aureen Pinto Wagner

## Up and Down the Worry Hill: A Children's Book about Obsessive-Compulsive Disorder and its Treatment



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Over one million children and adolescents in america suffer from Obsessive-Compulsive Disorder (OCD), a baffling illness which can be debilitating for the child in school, with friends, and family. Wagne In this uniquely creative and heart-warming book, Dr.



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OK reserve for a child with OCD. I personally preferred the book: "What to do When Your Mind gets Stuck" . I acquired just recently fallen off my bicycle (read the book to comprehend the metaphore), and the light hearted wish filled message is just ideal for kids and also adults.a story not self help book I give it 4 stars due to the fact my child liked this publication and would ask me to learn a few web pages of it every night until we go through it all.. It is a story about a boy with OCD and his parents helping him a bit here and there. I needed even more self-help tools and this book does not provide them. I loved that it explained OCD to my child, but I did not really like that the solution they gave us was just to start to see the therapist. Finally, the answer of the book is normally for the boy to undergo Cognitive Behavior Therapy with a therapist. It really is a good book for an introduction to what OCD is normally for a child to understand what they go through.. He seemed to think the publication was alright and interesting. Very Helpful I go through this with my five season old, hoping for that epiphany second so a great many other parents described on here. That reserve was much more useful and had practical tools. We read it several times. It helped him to recognize OCD and talk a little more openly about it, nonetheless it wasn't like lightning strike us or anything. :)I'm happy we bought this book, anything to help our kid, and I'd do it once again. I did so skip over anything that introduced a new get worried to him. I'm not sure what the proper age would be because of this. I think it will be lost on a kid any more youthful than mine, but will be too youthful for a kid over probably ten or twelve. It explains about OCD, it gives examples of what OCD could be like... Because I would like to help him as a kid and for that reason lessen the symptoms down the road, I asked my psychologist what resources he would recommend for children.Also, our son was diagnosed with PANDA, so his OCD came out of nowhere. I'm not sure if parents could have a different experience if this is something they had been dealing with for a long time verses weeks. I love it This is the first book that I read related to OCD for children and I was very surprised to learn just how many people including children suffer from this. OCD sufferers have a tendency to experience hopeless and anger at their odd thoughts or behaviors. uncertain though. Has helped us help our son.1) it helps children learn that there may be help for what they are feeling or thinking in a non critical way.2) The author lives here in Rochester NY and I could see her.We read the story 2 times now and I have to admit that he will not display the symptoms highlighted in the book as of yet. Mostly what he's going through at this time is minor and may be developmental for his age. If so, get this publication as the first step in your as well as your child's education of the problem.. I have started seeing some of the same traits in my own son. This publication through a simple and fun story helps the children to comprehend the thoughts or rituals are ok, but they need not entertain them any more. It introduces the basics of Cognitive Behavioral Therapy and even mentions meds that can also be helpful "schooling wheels". It really reduces OCD for children and helps them experience not alone. The story did strike house with me though that i enjoyed thoroughly. As both a psychologist and an OCD sufferer, I love this book! Five Stars My grandson is hapy Five Stars Good book for kids dealing with anxiety issues. Great resource Very informative concerning "why" and how to help the worry. He suggested this book if you ask me, probably for 2 reasons; Four Stars I bit wordy but great content. Designed for 7+ and my girl is only 5. Five star rating Very easy to read for my child to comprehend, and nice illustrations. An excellent book for anyone who suffers terribly with obsessive compulsive disorder, and behaviors. Great resource!Highly recommended, thanks for reading my review.If you find your son or daughter doing rituals, withdrawn or other symptoms visit a psychologist or psychiatrist and see if it may be OCD. It's a longer kids book, but you can go through it quickly in one

sitting, so it's befitting even small children with shorter attention spans. This is an excellent resource for both children who've OCD and kids who have family with OCD. Fantastic resource for children whom may have OCD I've clinically significant OCD and also have lived with it the majority of my adult existence. It can be extremely debilitating when it become serious. One Star Still don't possess it!



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