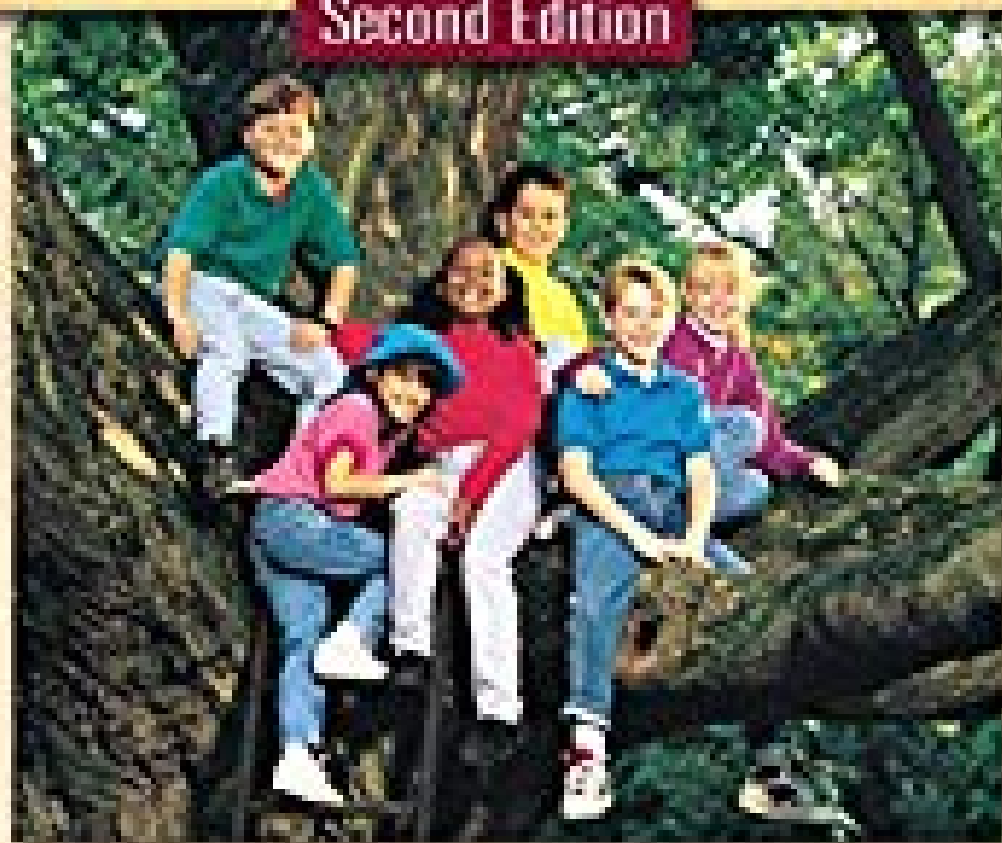


FOR PARENTS, SCHOOL AND HEALTHCARE PROFESSIONALS

WORRIED NO MORE

Help and Hope for Anxious Children

Second Edition



- Highly Effective Practical Strategies
- Specific How-to Steps
- Clear and Easy to Understand

Self-Help Book Recommendation
AWARDED BY ASSOCIATION FOR ANXIETY
AND OBSSERVATIVE THERAPY
2011

A masterpiece! So clear and so practical, that this is the book every school must have and every parent of a child with anxiety should read and reread...provides priceless understanding of the process of excessive anxiety and how to control it.

—John H. Griebel, M.D., Distinguished Senior Scientist, Medline Institute of Medicine

Aureen Pinto Wagner, Ph.D.

Aureen Pinto Wagner Ph.D.

Worried No More: Help and Hope for Anxious Children



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About 13% or over 6. Nervousness in youngsters is commonly misdiagnosed as attention-deficit disorder (Combine). 5 million children and adolescents in America have problems with serious anxiety, making it the most common psychological problem in youngsters. The good news is that anxiety is the most treatable emotional problem. Worried No More is packed with information and useful step-by-step guidance to greatly help children cope with worry, college refusal, separation anxiety, excessive shyness, panic, disasters and tragedies, phobias, obsessions and compulsions. Countless parents, academic institutions and healthcare professionals attended to rely on Worried No More to help youngsters with anxiousness reclaim the joys of childhood. In her landmark and highly acclaimed reserve, Dr. She identifies the red flags and early warning signs of nervousness, and how to tell regular from problem stress and anxiety. Her innovative, warm and user-friendly strategy appeals to children and adults as well. Aureen Wagner provides scientifically proven and period tested cognitive-behavioral strategies in to the everyday lives of children and families. Success prices with early reputation and medicine are excellent!



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Great book Very fast delivery and it came in great form. I really enjoyed this book. Presents specific approaches for parents and college personnel. This publication and the "worry box" technique provides helped us get through such trouble. We have recently moved and his stress provides been off the charts. Worried No More - for my 9 yr old son This book is a huge help for my 9 year old. fears, Must Have resource An excellent reserve for parents, teachers, and helping professionals who wish to find out about anxiety and effective treatment approaches. It is extremely easy to read, very easy to follow, and incredibly easy to implement. very helpful for a mother or father trying to comprehend and help the youngster deal with ANY level of anxiety. Four Stars Good tips on managing childhood anxiety. Good worksheets to work on as well. It was exactly what I needed. I have since referred many parents, teachers and other professionals to Worried No More and continue to utilize it in my practice. It explores therefore many facets of OCD that I didn't see (nor did her psychologist) before. It has helped me appear within my daughter's behaviors in a new way and see the disease manifest itself with techniques I never thought of before. I would recommend this easy-to-read publication to whoever has a child with OCD and/or nervousness problems. An eye-opening book I've ordered several books to raised understand my daughter's OCD but since she is not the traditional "hand-washer" the books didn't help. I've found these strategies to be impressive. Whenever he's having a tough day he even asks to read the book jointly and it places him at ease. Includes a thorough summary of stress disorders, symptoms, and causes. Outlines CBT for anxiety. It helped me to comprehend even more about Asperger's syndrome and panic. Highly recommended. My 14 yr old daughter has suffered with anxiety (specifically, OCD) because the age of four. Aureen Pinto Wagner is a very comprehensive and informative book designed to help parents, school personnel and mental medical researchers deal with anxious children and adolescents. The second edition has a completely new look making it a lot more reader friendly, useful and simple to use. Dr. Wagner uses her huge understanding of and empathy toward anxious children to supply specific strategies and also forms and equipment for decreasing and controlling anxiety. Worried No More Very helpful, good hints and calming for parents who have a child showing signs of anxiety & I often make use of her forms and equipment when I treat anxious youth (and adults). I recommend this book to mental medical researchers, school staff and parents of anxious children. Martha Spital, LCSW-R New York, New York Excellent Resource for just about any parent or professional who wants to help a child with anxiety! I attended among Dr. Excellent resource! I could truthfully say that was one of the best purchases I ever made as a graduate student in psychology. This reserve does. very helpful practical advice and genuine solutions. Her expertise and empathy actually comes through in her writing and her presentation style. This is the kind of reference that people need more of: basic, articulate and effective. Pinto Wagner's presentations in the past and will forever become grateful that I pulled out my checkbook and bought her books. WONDERFUL RESOURCE WORRIED NO MORE by Dr. This reserve is most likely the best book on this issue I've ever read, and I've go through many. I enthusiastically recommend it to any parent with a child who is suffering from anxiety.



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