

Anxiety-Free Kids



An Interactive Guide for Parents and Children



- *Help Your Child Become Happy and Worry-Free*
- *Relieve Your Child's Excessive Anxieties and Phobias*
- *Foster Interaction With Success Strategies for Parents and Kids*

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on Childhood Anxiety*

Bonnie Zucker

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Research has shown that if still left untreated, children with anxiety disorders are at higher risk to perform poorly in college, to have less-developed sociable skills, also to be more susceptible to substance abuse.) gives parents strategies that help kids become happy and get worried free, strategies that relieve a child's excessive anxieties and phobias, and equipment for fostering interaction and family-oriented solutions. Covering the six most commonly occurring anxiety disorders-generalized stress and anxiety, separation anxiety, specific phobias, social phobias, anxiety attacks, and obsessive-compulsive disorder-this publication gives kids and parents successful approaches for achieving rest, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. *Anxiety-Free of charge Kids* (2nd ed. Using a unique companion approach that provides two books in one-a practical, reader-friendly book for parents and a great workbook for kids-this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process.



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Dr. I have also recommended it countless instances to families I've worked with, in addition to to personal friends and family members looking for tips. It's filled up with practical and very easily utilizable information. As a child therapist, I have recommended Dr. I assure you will be pleased with this book. Of the numerous patients of mine who have bought it at my suggestion, all have sensed that it's very helpful. In fact it is a very important addition to any therapy your child might be receiving. Zucker enhanced an currently amazing resource for families. Dr. Zucker's revised book is well written and easy to understand. It offers practical strategies for both kids and their parents. Destined to be a traditional. Zucker's book to my clients, as well as to numerous of my relatives and buddies. Her approach is certainly directive and encouraging. A must have! Good reading Great book Child Psychologist highly recommends! Zucker's Anxiety-free Kids. Zucker's revised reserve is well written and easy to understand Dr Bonnie Zucker's Anxiety-Free Kids can be an incredibly supportive resource for children who struggle with nervousness. Zucker! The initial edition was excellent. As a Psychiatrist who has been specializing in both the study and treatment of Panic Disorders for over 30 years, I can unequivocally state that this is actually the best self help book you can use for children and adolescents with problems with anxiety. Indispensable Self Help Reference Outstanding! Zucker's writing style pulls you in as she obviously outlines the theory and tactics to fight clinical anxiety. Would be a great addition to any graduate college class. Many thanks Dr. I am a child psychologist in private practice and have utilized her books (she has many! Empowering for both parents and kids. As a Developmental-Behavioral Pediatrician, I've routinely recommended Dr. Dr.) in program with patients. This second edition is normally better still. Love this publication! Empowering for both parents and children.



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