

# Anxiety-Free Kids

Includes  
Dr. Zucker's  
Kid-Friendly  
Companion Guide  
With Activities

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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*One of the Nation's Leading Experts on Childhood Anxiety*

Bonnie Zucker

## Anxiety-Free Kids: An Interactive Guide for Parents and Children



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This exciting solutions-oriented guide offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Research shows that if left untreated, children with nervousness disorders are at higher risk for performing poorly in school, having being less developed social skills, also to be more vulnerable to drug abuse. About one in ten children nationwide meet the criteria for an anxiety disorder. The author gives children and their parents effective strategies for achieving rest, conquering worries, challenging faulty thinking patterns, developing self-chat and facing one's fears. Using a unique two-books-in-1 approach-a useful, reader-friendly book pertaining to parents and a fun workbook intended for kids- this book addresses the six most commonly occurring panic disorders in childhood: generalized stress, separation anxiety, specific phobias, social phobias, anxiety attacks and obsessive-compulsive disorder.



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It arrived in superb condition, and delivery was good and fast. I find this book spectacular. I definitely think this may be beneficial for children as young as 7. It is offered in an easy to understand, and easy to use format. The children's section was clear and easy for small children to understand. My 9 year old son was struggling with situational anxiety. If you find out what's in this book, you will know more than most therapists about treating childhood stress and anxiety disorders! I highly recommend this publication. This book was helpful for both of us. I'm so happy I purchased this reserve. Became apparent I needed my very own copy. It gives lots of practical guidelines and exercises, and good examples of positive personal talk. This was an excellent purchase. So many great tips. Truly Excellent I actually am a psychiatrist specializing in anxiety disorders.. The rest scripts have been an extremely useful device in getting my child to relax during intercourse at night. You can find only a few variants, but it's helped us develop our own ideas as well. The book synthesizes an array of therapeutic techniques in a fashion that could be easily translated into instant program by the layman. Bonnie Zucker has put together a fantastic resource in Anxiety-Free kids. Bonnie Zucker has come up with a fantastic resource in Anxiety-Free kids. The parent portion was helpful as it gave advice on how best to help my boy during each stage of the book. This looks like it would be a really good book for an older child. It employs confirmed scientifically based methods to help kids with an array of anxiety symptoms. and I usually recommend this book to parents whose kids struggle with anxiety. I am a child/family therapist, and I usually recommend this book to parents whose children struggle with panic. Contains many helpful tips and practical solutions. An extremely well-written, helpful book. First checked out from local Library. Became obvious I . Very helpful book. We're still working our method through this book, but so far it's been very useful.. First checked out from local Library. I like the way it's written so that it's helpful and informative for both mother or father and kid, and I like what sort of ideas can be applied as a "group" effort. Suggestions inside are assisting my child. It was a gift. It looked very good but the parents of the child have to decide. It appeared good if you ask me and I hope it solves some problems for them. What a blessing this publication has been for my family. My son has learned so many coping skills, can articulate them and use them, since reading this book... Five Stars helpful. This looks like it would be a really great book for an . The children's section was clear and possible for young children to understand. We got it on suggestion from a doctor for our daughter's anxiety, but it's not really appropriate for a daughter's age. She's too young to participate in some of the activities, and can't read the supplemental children's publication. For a school age group child, I believe it would be very useful. Helpful and essential read. A good browse for just about any parent whose child struggled with anxiety. It has an "adult" section followed by a "kid" section which restates the same material in easy-to-understand conditions for the child.



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