

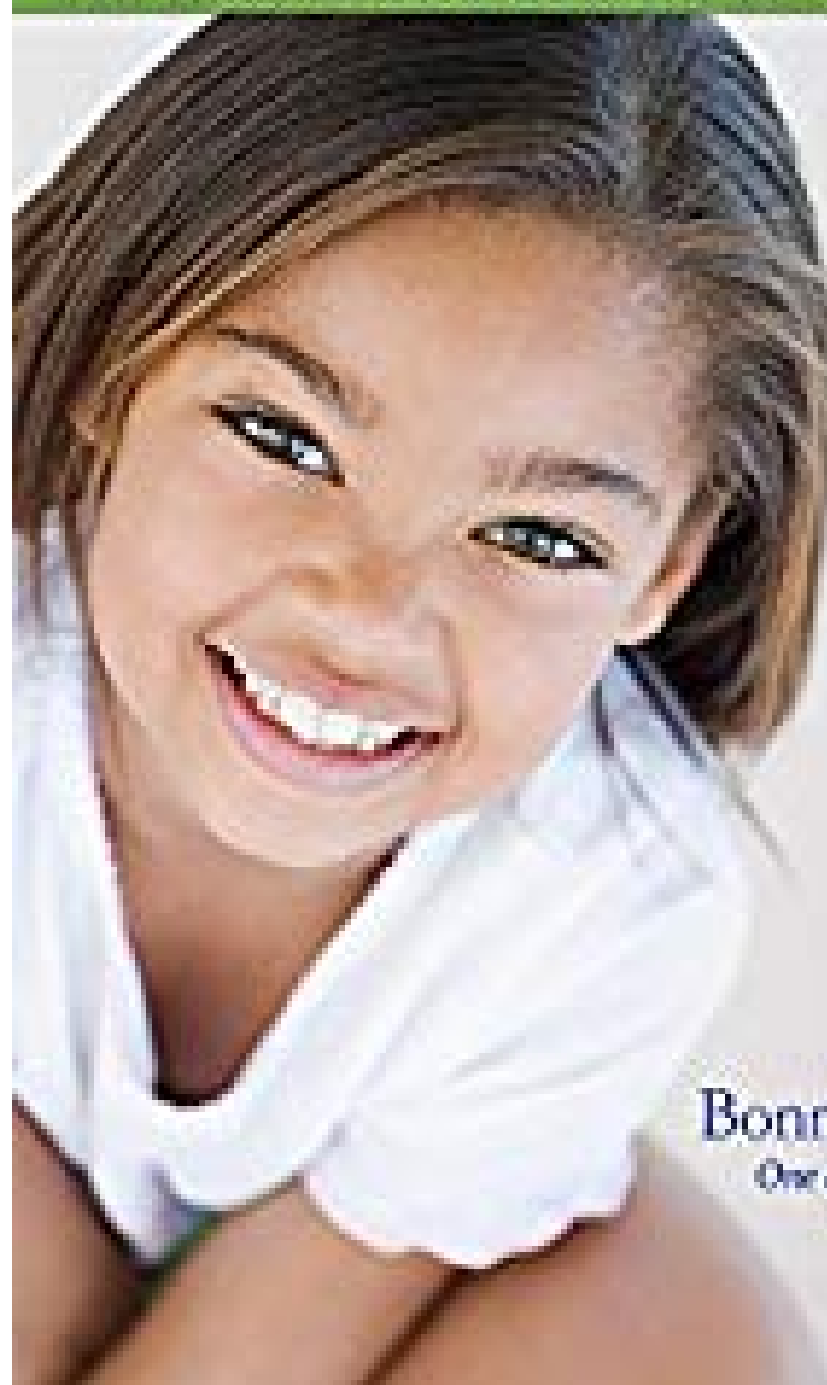
Anxiety-Free Kids



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*

Bonnie Zucker, Psy.D.
*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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Covering the six mostly occurring anxiety disorders-generalized nervousness, separation anxiety, particular phobias, social phobias, anxiety attacks, and obsessive-compulsive disorder-this publication gives children and parents successful strategies for achieving rest, conquering worries, challenging faulty considering patterns, developing positive self-chat, and facing one's fears.) presents parents strategies that help children become happy and be concerned free, methods that relieve a child's extreme anxieties and phobias, and equipment for fostering interaction and family-oriented solutions. Study shows that if still left untreated, children with anxiety disorders are in higher risk to perform poorly in school, to have less-developed interpersonal skills, also to be more vulnerable to substance abuse. Using a unique companion approach that offers two books in one-a practical, reader-friendly reserve for parents and a great workbook for kids-this solutions-oriented information utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process. Anxiety-Free of charge Kids (2nd ed.



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Destined to be a classic. Would be a great addition to any graduate college class. Her approach is normally directive and encouraging. Indispensable Self Help Reference Exceptional! Dr. Of the many patients of mine who've bought it within my recommendation, all have felt that it's very helpful. In fact it is a very important addition to any therapy your son or daughter might be receiving. Zucker's revised reserve is well crafted and easy to understand Dr Bonnie Zucker's Anxiety-Free Kids is an incredibly supportive resource for children who struggle with anxiety. Dr. Zucker's revised book is well crafted and clear to see. It offers practical strategies for both children and their parents. As a child therapist, I have recommended Dr. Zucker's book to my customers, as well as to many of my relatives and buddies. It's filled up with practical and very easily utilizable advice. A must have! Dr. Good reading Great book Kid Psychologist highly recommends! Zucker improved an already amazing resource for households. I am a kid psychologist in private practice and have used her books (she's many!) in program with patients. I have also suggested it countless situations to families I have worked with, as well as to personal relatives and buddies members looking for tips. I guarantee you will be pleased with this book. Empowering for both parents and children. As a Psychiatrist who offers been specializing in both the research and treatment of Nervousness Disorders for over 30 years, I could unequivocally state that this is actually the best self help book one can use for children and adolescents with problems with anxiety. Thank you Dr. This second edition is usually better still. Zucker's writing design pulls you in as she clearly outlines the theory and tactics to combat clinical anxiety. As a Developmental-Behavioral Pediatrician, I have routinely recommended Dr. Zucker's Anxiety-free Kids. The 1st edition was exceptional. Zucker! Love this book! Empowering for both parents and children.



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