



Generation Stressed: Play-Based Tools to Help Your Child Overcome Anxiety (Paperback)

By Michele Kambolis

Lifetree Media, Canada, 2014. Paperback. Condition: New. Language: English . Brand New Book. Anxiety is rampant in society in general and among children in particular. Written by Registered Clinical Counselor and national parenting columnist Michele Kambolis, Generation Stressed explains the causes and effects of anxiety in children and equips concerned parents with an array of highly effective play-based tools with which to help their anxious child. Packed with clinically sound advice based on cognitive behavioral therapy -- widely accepted as the most effective method of treatment of anxiety -- this easyto-use handbook offers original, engaging, and effective exercises that parents can use at home, on the road, and in social settings to alleviate the symptoms of anxiety in their children, bolstered by the power of parent-child attachment. Kambolis blends sound theory, practical intervention techniques, and clinical expertise with a warm, encouraging, and conversational tone that parents will find instantly relatable.



Reviews

A fresh e book with an all new viewpoint. It can be rally exciting through studying period of time. You will like the way the writer write this publication.

-- Tania Cormier

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-- Clinton Johns DDS

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