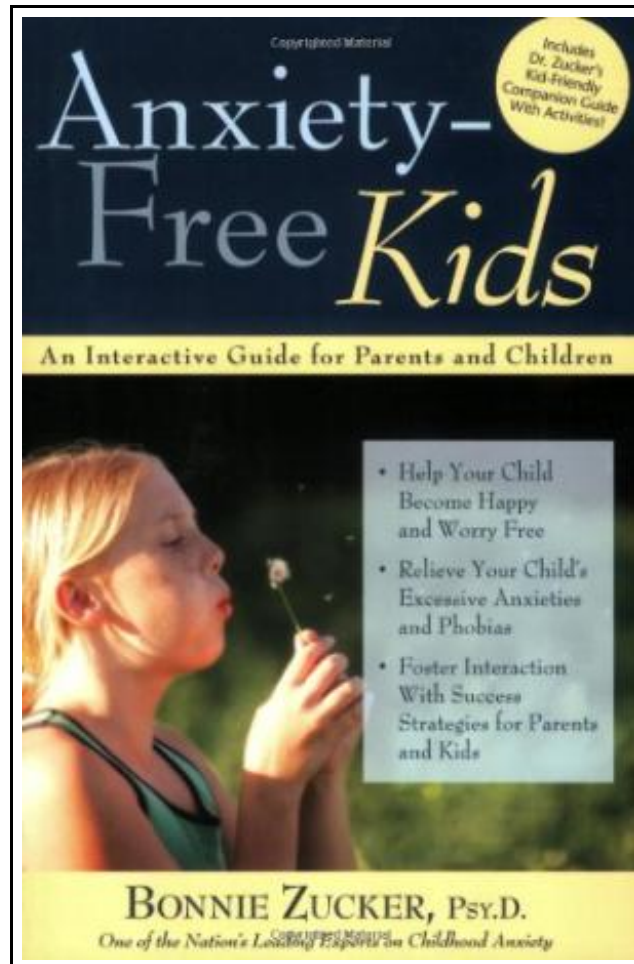


Anxiety-Free Kids: An Interactive Guide for Parents and Children



Filesize: 1.97 MB

Reviews

I actually started out reading this pdf. Of course, it really is play, continue to an interesting and amazing literature. I realized this pdf from my i and dad encouraged this pdf to discover.
(Maddison Becker)

ANXIETY-FREE KIDS: AN INTERACTIVE GUIDE FOR PARENTS AND CHILDREN

[DOWNLOAD](#)

Pruftrock Press. Paperback. Book Condition: New. Paperback. 280 pages. Dimensions: 8.9in. x 6.0in. x 0.7in. Anxiety-Free Kids 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. Using a unique companion approach that offers two books in one: a practical, reader-friendly book for parents and a fun workbook for kids, this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy by integrating the parent in the child's self-help process. Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less developed social skills, and to be more vulnerable to substance abuse. The author employs cognitive-behavioral therapy, the most empirically supported treatment of anxiety disorders, along with a family approach to build a supportive team to help kids with anxiety successfully overcome their worries. Covering the six most commonly occurring anxiety disorders in childhood: generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder, this book gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. This item ships from multiple locations. Your book may arrive from Roseburg, OR, or La Vergne, TN. Paperback.

[Read Anxiety-Free Kids: An Interactive Guide for Parents and Children Online](#)[Download PDF Anxiety-Free Kids: An Interactive Guide for Parents and Children](#)

Related Books



Lans Plant Readers Clubhouse Level 1

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 24 pages. Dimensions: 8.9in. x 5.7in. x 0.3in.This is volume six, Reading Level 1, in a comprehensive program (Levels 1 and 2)for beginning readers. Two nine-book sets...

[Read PDF »](#)



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Read PDF »](#)



The Gosh Awful Gold Rush Mystery Real Kids, Real Places

Gallopage International. Paperback. Book Condition: New. Paperback. 146 pages. Dimensions: 7.4in. x 5.3in. x 0.6in.When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an...

[Read PDF »](#)



Viking Ships At Sunrise Magic Tree House, No. 15

Random House Books for Young Readers. Paperback. Book Condition: New. Sal Murdocca (illustrator). Paperback. 96 pages. Dimensions: 7.4in. x 4.9in. x 0.2in.Jack and Annie are ready for their next fantasy adventure in the bestselling middle-grade...

[Read PDF »](#)



Harts Desire Book 2.5 La Fleur de Love

Cajunflair Publishing. Paperback. Book Condition: New. Paperback. 112 pages. Dimensions: 8.0in. x 5.0in. x 0.3in.Its late 1974, and high school student, Melinda Dawson is in serious trouble. Within two hours of revealing her suspected pregnancy...

[Read PDF »](#)