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Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

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