



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

Bonnie Zucker

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About one in ten children nationwide meet the criteria for an anxiety disorder. Research has shown that if left untreated, children with anxiety disorders are at higher risk for performing poorly in school, having being less developed social skills, and to be more vulnerable to substance abuse.

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.

Using a unique two-books-in-one approach-a practical, reader-friendly book for parents and a fun workbook for kids-this book covers the six most commonly occurring anxiety disorders in childhood: generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder and obsessive-compulsive disorder. The author gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing self-talk and facing one's fears.

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