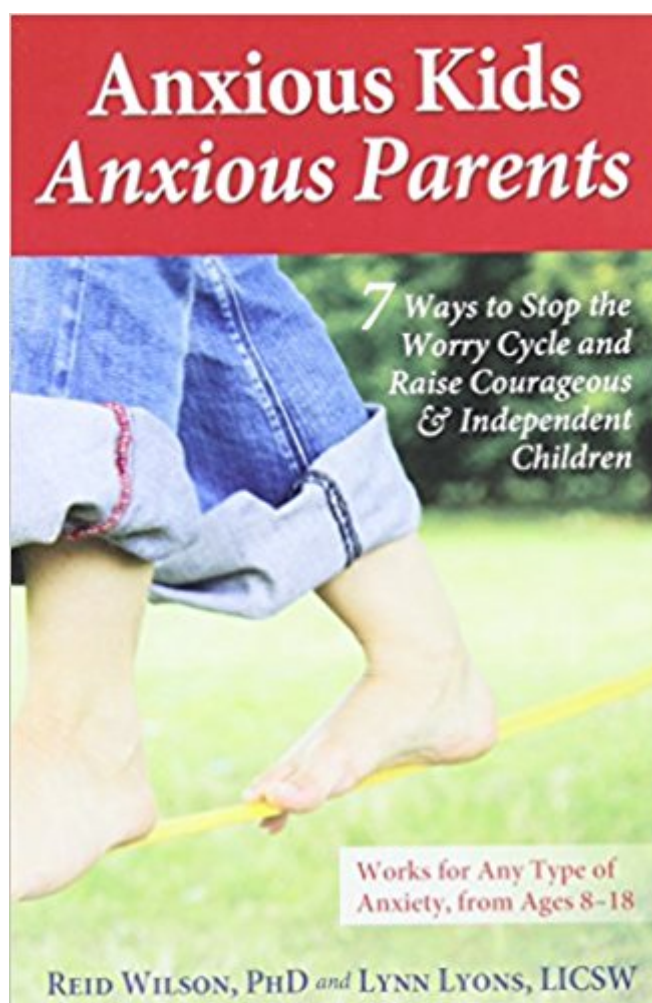


The book was found

Anxious Kids, Anxious Parents: 7 Ways To Stop The Worry Cycle And Raise Courageous And Independent Children



Synopsis

With anxiety at epidemic levels among our children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy. How do you manage a child who gets stomachaches every school morning, who refuses after-school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: One in every five kids suffers from a diagnosable anxiety disorder. Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance. From their success with hundreds of organizations, schools, and families, Reid Wilson, PhD, and Lynn Lyons, LICSW, share their unconventional approach of stepping into uncertainty in a way that is currently unfamiliar but infinitely successful. Using current research and contemporary examples, the book exposes the most common anxiety-enhancing patterns—including reassurance, accommodation, avoidance, and poor problem solving—and offers a concrete plan with 7 key principles that foster change. And, since new research reveals how anxious parents typically make for anxious children, the book offers exercises and techniques to change both the children's and the parental patterns of thinking and behaving. This book challenges our basic instincts about how to help fearful kids and will serve as the antidote for an anxious nation of kids and their parents.

Book Information

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Customer Reviews

"I REALLY recommend any family dealing with worry or anxiety to read this book. The tools are valuable and easy-to-use. It just may change your life!"—Taunya Richards, Blogger
Clear and

straightforwardâ •an excellent and reassuring book."â •Lara Tabri, Librarian"This is an extraordinary book to help with all anxious children. I have tried a few of the 7 techniques with my son and they definitely help. This book is a must for parents with anxious or worried children."â •Lynn Brady, Parent"This book is a great tool for parents and professionals. I'll be adding it to my 'lending library' in my practice."â •Kerry Marsh, Psychologist

Reid Wilson, PhD, isÂ a licensed psychologist who has an outstanding reputation in the field of anxiety treatment. He directs the Anxiety Disorders Treatment Center and is the Clinical Associate Professor of Psychiatry at the University of North Carolina School of Medicine.Â Dr. Wilson has written two well-received publications in the field of anxiety, translated into nine languages and endorsed by the most highly esteemed professionals in the field. He is author of Don't Panic: Taking Control of Anxiety Attacks and the coauthor of Stop Obsessing! How to Overcome Your Obsessions and Compulsions. He is also the coauthor of Achieving Comfortable Flight, a self-help kit for the fearful flier.Â He designed and served as lead psychologist for American Airlines' first national program for the fearful flier. He served on the Board of Directors of ADAA forÂ twelve years and was Program Chair of the National Conferences on Anxiety Disorders for three years.Lynn Lyons, LICSW, is a licensed clinical social worker and psychotherapist in private practice. She specializes in the treatment of anxiety disorders in adults and children, including generalized anxiety, phobias, social anxiety, obsessive compulsive disorder, and performance anxiety. She is a sought after speaker and consultant who presents nationally and internationally on the topics of the anxiety in the family, managing childhood anxiety in schools and medical settings, and pediatric hypnosis.

Having a history of anxiety and a 13 year old that has been experiencing it, this book is perfect. It's given me clear ways to speak about anxiety, and how we both can handle it. It's given me such hope that he and I will happily leave our "what if's" behind. I feel I have great strategies to guide him through this. I've recommended it to several parents. Thank you for an excellent resource. Glad to know I was doing somethings right and can correct my "talking points" to my son and myself for the future.

Absolutely eye-opening book! Has many ideas and techniques I had not heard of or thought of. I listened to this on MP3 audio book and narrator was excellent.

I am an OCD therapist and recently heard one of the authors speak. I immediately knew this book

would be a great resource. I bought it (hardcover and Kindle) and it's exactly what I thought it would be. Easy to read. Clear and easy to follow assignments. Action oriented. It's straight to the point: It's hard to be anxious if you want to be anxious.

This is a great resource for parents who may not be clear about what causes a child to be anxious. Sometimes its how we respond to their behavior that strengthens the anxiety. Lynn Lyons is amazing and she teaches her patients to "talk back" to the fear and gives them a clear and concise message that they don't need to and will not listen to the fear. She helps kids get back to doing the fun things kids need to be doing and not worrying about what "might" happen! Highly recommend this book!!!

Great advice just preferred pics on the reading pages, otherwise very helpful for parents who nitpick at their kids.

Very eye opening book on anxious kids. It has lead me down a path to help my child cope and deal with what I consider unrealistic worries but to him are true fears, worry and concerns. I highly recommend this book for any parent whose child has anxious thoughts.

I bought this book after experiencing too much anxiety from my two toddlers, ages 1 and 2, regarding bugs, new people, and water/swimming. Neither are to the point of having a real problem but I want to nip this anxiety in the bud before we do have problems. This book is structured toward older children (or adults) who do have real problems but the principles are incredibly helpful for anyone who experiences worry and anxiety. The most helpful principles I've learned is to expect worry and that it's normal in certain situations so condemning someone who feels anxious is very unhelpful. Less anxious people are not free from everyday worries but they know how to talk to their worry, so that's what an anxious person just needs to learn as well. I've also learned that worry pushes for avoidance and inaction so I am on high alert for those types of reactions in both myself and my kids. I have responded much better toward my own worries after reading this book and am less surprised/upset when my kids express worry because I'm learning to manage/work with worry rather than eradicate it or hope it just disappears. I'm thankful to have found this book while my kids are still so young.

This book really addresses anxiety AND ways to reeducate the brain thus decreasing Anxiety's

patterns. It has helped my daughter notice when she is anxious, and is beginning to learn other methods for dealing with it.

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