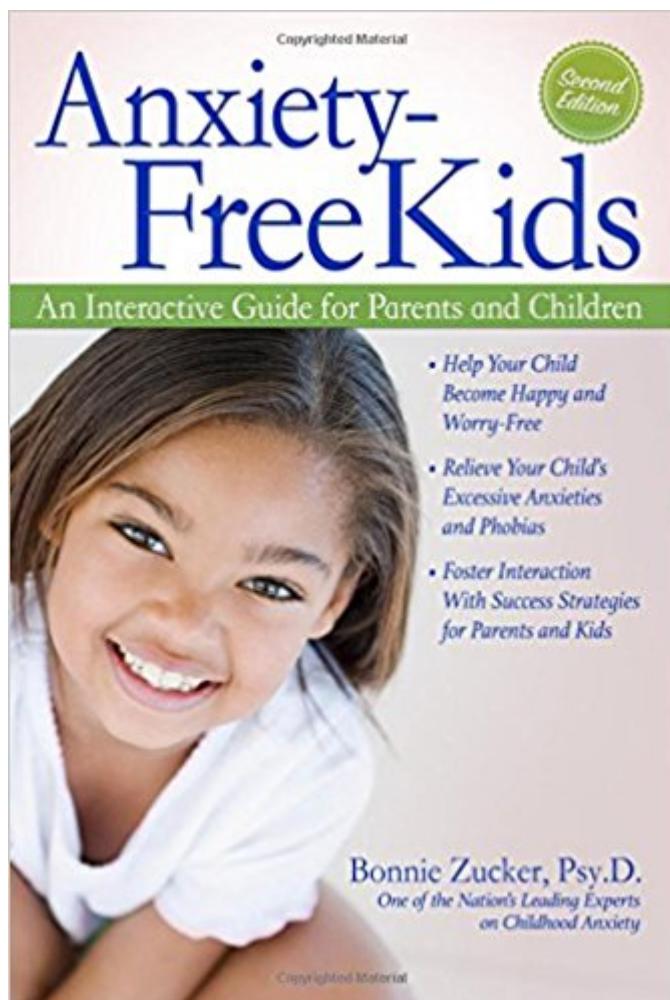


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# Anxiety-Free Kids: An Interactive Guide For Parents And Children (2nd Ed.)



## **Synopsis**

Anxiety-Free Kids (2nd ed.) 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 and integrates 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. Covering the six most commonly occurring anxiety disorders--generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder--this book gives kids and parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears.

## **Book Information**

Paperback: 336 pages

Publisher: Prufrock Press; 2 edition (October 1, 2016)

Language: English

ISBN-10: 1618215612

ISBN-13: 978-1618215611

Product Dimensions: 6 x 0.9 x 9 inches

Shipping Weight: 12.8 ounces (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars 1 customer review

Best Sellers Rank: #91,774 in Books (See Top 100 in Books) #109 in Books > Self-Help >

Anxieties & Phobias #235 in Books > Health, Fitness & Dieting > Children's Health #1549

in Books > Parenting & Relationships > Parenting

## **Customer Reviews**

Through simple and effective tools, Zucker's book doesn't just help parents and children understand anxiety and find ways to overcome it, but also strengthens the interactive approach and family bonds that make them better for it. --Claire Nana, Psych Central This revised edition is a valuable addition to the selection of self-help books available to parents. With a careful application of the strategies and faithful adherence to the program sequence, this can be a welcome, home-based first step in addressing behaviors that have become dysfunctional for a child who suffers from

anxiety-based disorders. --Hazel Buys, Children's Literature think Zucker did a great job of taking standard CBT strategies and packaging them for kids. Actually, I think they would work for a lot of adults, who otherwise might struggle with CBT homework exercises. So I definitely recommend this book if you have a child who is dealing with anxiety of any kind. --Erica Berman, Healthy Life Lessons

Bonnie Zucker, Psy.D., is a psychologist specializing in the treatment of anxiety disorders and OCD in children and adults. She is in private practice in Rockville, MD, and is the author of "Anxiety-Free Kids" and "Take Control of OCD," and coauthor of "Resilience Builder Program for Children & Adolescents."

Dr. Zucker enhanced an already amazing resource for families. I am a child psychologist in private practice and have used her books (she has many!) in session with patients. I have also recommended it countless times to families I have worked with, as well as to personal friends and family members looking for helpful suggestions. Dr. Zucker's writing style pulls you in as she clearly outlines the theory and tactics to combat clinical anxiety. Would be a great addition to any graduate school class. Thank you Dr. Zucker!

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