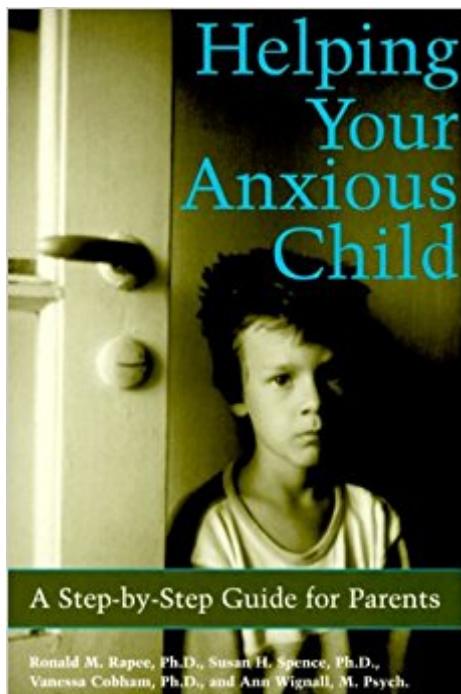


The book was found

# Helping Your Anxious Child



## **Synopsis**

This book teaches you to understand your child's anxiety and the options for dealing with it - without a therapist's help. Learn how to respond to your child's needs for reassurance, avoid common pitfalls and help your child improve social interaction skills.

## **Book Information**

Paperback: 160 pages

Publisher: New Harbinger Publications; 1 edition (January 2000)

Language: English

ISBN-10: 1572241918

ISBN-13: 978-1572241916

Product Dimensions: 9.1 x 6 x 0.4 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 69 customer reviews

Best Sellers Rank: #747,483 in Books (See Top 100 in Books) #28 in Books > Parenting & Relationships > Special Needs > Hyperactivity #1879 in Books > Health, Fitness & Dieting > Psychology & Counseling > Personality #8511 in Books > Parenting & Relationships > Parenting

## **Customer Reviews**

This book was a great help for me. My 11yr old goes for therapy but I needed help dealing at home. I skip through to a part that pertains to the certain circumstance. Great help for any person that has to deal with an Anxious child.

As a therapist I highly recommend this book! offers work book and homework for parents and child.

Somewhat helpful. Some good advice. Would have been nice to have more concrete behavioral tips, but all in all a good book.

My teenager suffers from PTSD - his anxiety is so sky high that he was rarely going to school. After a years worth of visits to psychiatrists and medication which was not working, I purchased this book and put it in action the week it arrived. My son had not made it to school on a Monday or Tuesday since the school year began - after one session of "realistic thinking" on Sunday nite - he went to school Monday! He was then able to go all week - even to midterm exams! On the following Sunday

nite his anxiety began again and we started another round of realistic thinking - he made it to school. You must try this book - it is excellent!

Very informative.

Great book and it has helped a lot. I would suggest this book to anyone that has a child that is anxious.

This book was highly recommended by a psychiatrist family friend for the parent of my young nephew who's father died to help him cope with his anxiety.

Great book for helping your child deal with anxiety. Has exercises that help your child control the anxiety. Would definitely recommend.

[Download to continue reading...](#)

Helping Your Anxious Child: A Step-by-Step Guide for Parents Helping Your Anxious Child  
Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent  
Children Raising a Sensory Smart Child: The Definitive Handbook for Helping Your Child with  
Sensory Processing Issues, Revised Edition The Hidden Gifts of the Introverted Child: Helping Your  
Child Thrive in an Extroverted World The Antianxiety Food Solution: How the Foods You Eat Can  
Help You Calm Your Anxious Mind, Improve Your Mood, and End Cravings Anxious in Love: How to  
Manage Your Anxiety, Reduce Conflict, and Reconnect with Your Partner Helping a Friend in an  
Abusive Relationship (How Can I Help? Friends Helping Friends) Fire Child, Water Child: How  
Understanding the Five Types of ADHD Can Help You Improve Your Child's Self-Esteem and  
Attention Rewire Your Anxious Brain: How to Use the Neuroscience of Fear to End Anxiety, Panic,  
and Worry The 10 Best-Ever Anxiety Management Techniques: Understanding How Your Brain  
Makes You Anxious and What You Can Do to Change It Calming Your Anxious Mind: How  
Mindfulness and Compassion Can Free You from Anxiety, Fear, and Panic Anxious for Nothing:  
God's Cure for the Cares of Your Soul (John Macarthur Study) The Tiger's Child: The Story of a  
Gifted, Troubled Child and the Teacher Who Refused to Give Up On (One Child) LEE CHILD:  
SERIES READING ORDER: MY READING CHECKLIST: JACK REACHER SERIES, JACK  
REACHER SHORT STORIES, HAROLD MIDDLETON SERIES, SHORT STORY COLLECTIONS  
BY LEE CHILD, LEE CHILD ANTHOLOGIES Keto Kid: Helping Your Child Succeed on the  
Ketogenic Diet All About ADHD: A Family Resource for Helping Your Child Succeed with ADHD Ten

Keys to Helping Your Child Grow Up with Diabetes, Second Edition Planet Middle School: Helping Your Child through the Peer Pressure, Awkward Moments & Emotional Drama Helping Your Child Overcome Separation Anxiety or School Refusal: A Step-by-Step Guide for Parents

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)