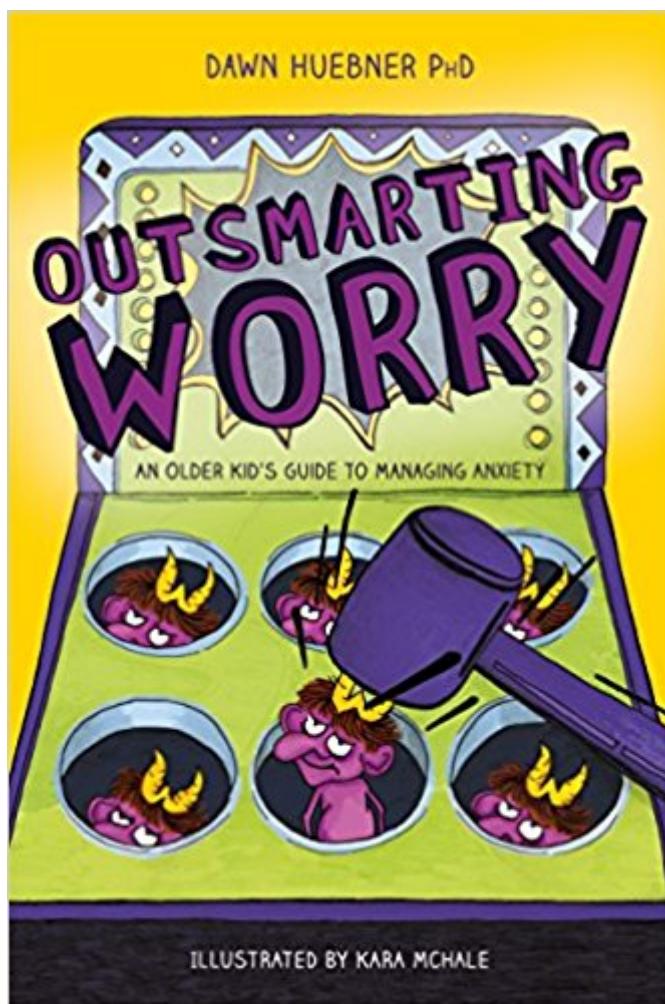


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# Outsmarting Worry: An Older Kid's Guide To Managing Anxiety



## **Synopsis**

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.

## **Book Information**

Paperback: 136 pages

Publisher: Jessica Kingsley Publishers (October 19, 2017)

Language: English

ISBN-10: 1785927825

ISBN-13: 978-1785927829

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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## **Customer Reviews**

When children worry, their attempts to feel safe and comfortable only make worry more powerful. Helping anxious children understand and embrace this concept is no small feat. Dawn Huebner's latest book gets the job done, unmasking worry and showing kids-with clarity and playful encouragement-how to put worry in its rightful place. -- Lynn Lyons, LICSW, coauthor of Anxious Kids, Anxious Parents and Playing with Anxiety: Casey's Guide for Teens and Kids Outsmarting Worry is a playful and empowering approach to helping kids through their anxiety. -- Chris Willard, MD (author of Growing Up Mindful, and other books) Engaging with relatable examples, this book will empower children and their families to Outsmart Worry! An immediate conversation and action starter that helps develop skills and tools when worry gets in the way. -- Mary K. Alvord, Ph.D., psychologist and co-author of Conquer Negative Thinking for Teens, and Resilience Builder Program for Children and Adolescents

Tried and tested strategies from a best-selling author to help 9-13 year olds tackle their worries and fears

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