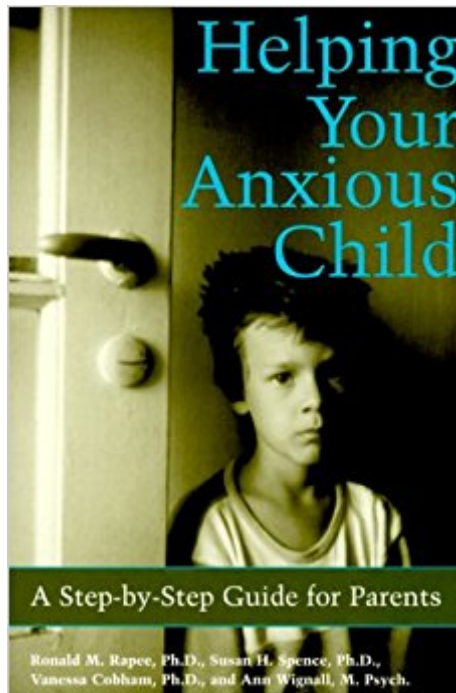




The book was found

# 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.

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