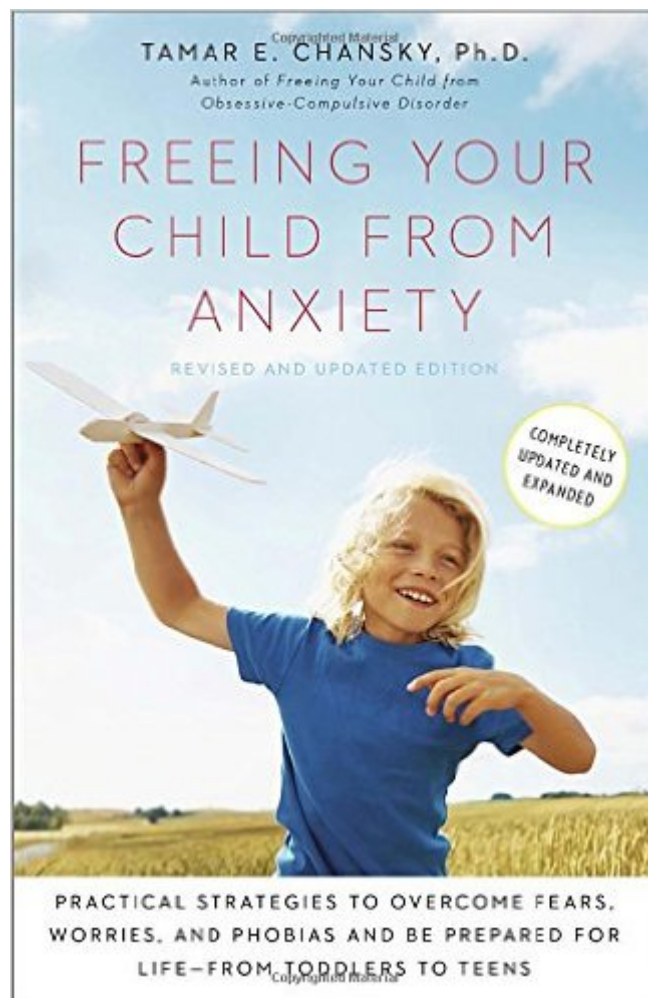


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# Freeing Your Child From Anxiety, Revised And Updated Edition: Practical Strategies To Overcome Fears, Worries, And Phobias And Be Prepared For Life--from Toddlers To Teens





## Synopsis

Childhood should be a happy, carefree time. Yet too many children are stressed-out and exhibiting symptoms of anxiety. In *Freeing Your Child from Anxiety*, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life. Parents everywhere want to know: What is normal? How can you know when stress has crossed over into a full-blown anxiety disorder? How can you prevent anxiety from taking root? And how do you help your son or daughter break free from a pattern of fear and worry and lead a happy, productive life? Fortunately, anxiety is very treatable, and parents can do a lot to help get their children's emotional well-being back on track. *Freeing Your Child from Anxiety* contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture. Learn the tips, techniques, and exercises kids need to implement the book's advice right away, including "How to Talk to Your Child" sections and "Do It Today" activities at the end of each chapter. These simple solutions can help parents prevent their children from needlessly suffering today and ensure that their children have the tools they need for a good life tomorrow.

## Book Information

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## Customer Reviews

In her book, *Freeing your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries and Phobias and be Prepared for Life - - from Toddlers to Teens*, Dr. Tamar Chansky, provided two very important things that countless therapists and Doctors over the

years have been unable to give me and my child. The first is hope and the second and most important is a very clear and easy to understand guide on how to cope with, manage and possibly overcome anxiety. The list of interventions we have tried with my child is VERY long, and nothing provided any sort of relief. Because of this we were both pretty skeptical about the book but we were not even through the second chapter when I started to feel excited and hopeful and by chapter 4? I was in tears. As a mom, I want my child to feel comfortable exploring the world and his anxiety had not allowed for that and my pleas for someone to help him find a way to cope seemed to fall on many, many, well educated deaf ears. My son and I have been working on the techniques in the book and the child who has been completely unable to keep it together in spaces that are too loud, too crowded, new or different recently sat through an entire Christmas play in a very crowded auditorium using what he has learned in this book, and he was completely ok!! Simply amazing!! Not only do I HIGHLY recommend this book to every parent who has a child struggling with anxiety but I firmly believe that every teacher, pediatrician and mental health professional across the board that works with children should make it a point to read this book as soon as possible. I received a free copy of the book from Blogging for books for my honest review, and for this particular opportunity I can not thank them enough!

My five-year-old son is a worrier (like his mama...sigh) , so I was excited to have the opportunity to review the book "Freeing Your Child From Anxiety, Revised and Updated Version" by Tamar E Chansky for the Blogging for Books Program. I received a copy of the book for free but am not required to give it a positive review. I wasn't disappointed. This is a great resource for parents and I know I will reference it for years to come. Chansky helps distinguish between normal worry and what crosses over into an actual anxiety disorder. She covers everything from common childhood fears to disorders such as OCD and PTSD. She also offers helpful tools for parents as far as what to say to help your child when they are anxious (Hint: It's not "Don't worry!"). Honestly, some of the tools in this book will be just as helpful for me as an individual as they will be for me as a parent. I would recommend this book to anyone with an "anxious" child or who is wondering if their child's fears are normal or when to seek professional help.

This book contains SO many helpful tips on how to help your child who suffers from anxiety issues. The only reasons I didn't give it 5 stars are that (1) it contains so much information that I found it a little overwhelming. I had to read it over several months just to give myself time to soak it all in and try some of the strategies myself. But too much information is better than not enough! So I guess it

really shouldn't be a complaint... (2) The book tends to focus on kids with specific anxieties whereas my child has a general social anxiety that isn't specific to any particular situation or trigger. While there are chapters on GAD (general anxiety disorder) and social anxiety in this book, they mostly repeat some of the strategies already discussed earlier in the book. Overall though, DEFINITELY worth the read if you have a child who suffers from anxiety.

This was highly recommended by my daughter's therapist. It was easy to read and really helped me understand what she was experiencing. If you have a child that suffers more than usual from anxiety, I highly recommend this book as one parent to another.

This book isn't just for my kids: it's for me. Before the second page, I knew this book would help me with my own struggles. Avoiding social situations? Yup. Nervous at big events? Yes. Sure, this book is meant for parents to help their children, but the advice in this book is so real and practical that everyone benefits. The package presented here comes in nicely organized phases: first the reassurance that you can do this, then the signs of what to look for, then the different specific anxieties, and then the help that is available. After that, the heart-to-heart advice that actually works. As a parent having felt many of the issues my children go through, I can personally attest the advice in this book works. This book uses logical steps and coaching, along with pictures and review bullets to re-enforce the core concepts. Later in the book, specific situations are discussed where the earlier training is applied to that situation. Without going into personal detail about my children, I can say that the steps are proven by my other research, as well as real life implementation. This specific book makes it easy to read, easy to find, and easy to apply. Thanks to Harmony and Crown for making this book available to me electronically for review. Thanks to this book, I have been reassured, instructed, and improved, both in myself and my family.

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