

## Scaredies Away! a Kid s Guide to Overcoming Worry and Anxiety (Made Simple) (Paperback)



Filesize: 6.05 MB

### **Reviews**

*It is great and fantastic. I actually have read and so i am certain that i am going to going to go through once again yet again in the future. I realized this ebook from my dad and i encouraged this book to find out.  
(Dr. Kayden Gerlach)*

## SCAREDIES AWAY! A KID S GUIDE TO OVERCOMING WORRY AND ANXIETY (MADE SIMPLE) (PAPERBACK)



Bmd Publishing Ltd, 2014. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. This wonderful book is a must for all parents to help their children to normalize the symptoms of anxiety. What a gift to give to our children. Dr. Harry Barry (MD, author and mental health advocate) Scaredies Away: A Kid s Guide to Overcoming Worry Anxiety (made simple) is a breath of fresh air and a sigh of relief for confused parents who are overwhelmed by the complicated books out there that are dull, boring and very confusing. This engaging interactive self-help book will finally provide you and your child the relief you have been looking for. The ONE technique (instead of 20 outdated techniques!) found only in Scaredies Away is a cognitive-behavioral technique most often used to treat anxiety. Scaredies Away truly has it all-a fun-filled fiction story with brilliant colorfull illustrations to keep your child engaged- not bored, a phenomenal parent information and guidance section which is an integral part of the book, a colorful and fun goal sheet and a FREE code to download the book on audio for a soothing evening listen or read along! The reviews are in. KIDS and PARENTS LOVE this book! Scaredies Away is written by a Nationally Certified School Psychologist and world renowned anxiety expert who speaks globally on anxiety. Why haven t you heard of this book? It s simple--because Scaredies Away is a self-published book and does not have the advertising budget that the big publishers have. The authors insisted on delivering Scaredies Away in a fun and entertaining way so that your kids would actually want to read the book thereby getting the help they need. The publishers would not publish this book as fiction/self-help book. They wanted another dry...



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