



Outsmarting Worry

By Huebner, Dawn / McHale Kara

Condition: New. Publisher/Verlag: Jessica Kingsley Publishers | An older kid's guide to managing anxiety | This book offers calming, constructive advice to 9-13 year olds who have anxiety. It teaches them about, and normalizes, their symptoms and provides a set of easy-to-follow steps to overcome them. The author's smart, child-friendly techniques are based on the most up-to-date psychological treatments of anxiety, including CBT and ACT. | For children aged 9-13 who are prone to anxiety, this easy-to-follow illustrated guide to outsmarting worry is here to put their minds at rest. Written by an experienced family psychologist, it provides strategies based on cognitive behavioural techniques for controlling unwanted thoughts, fighting fears head-on, and leading a happier life. Anxiety is all about perceived danger, and our bodies react the same to imagined dangers as they would a real threat. Engaging children in the process of learning about their feelings by reading the book with an adult helps to normalize their symptoms and manage their anxiety. With simple language and smart techniques based on up-to-date CBT and ACT principles, this book guides children through learning and using the skills they need to outsmart worry. | Intro to Parents and Caregivers, 1. Getting Started,...



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