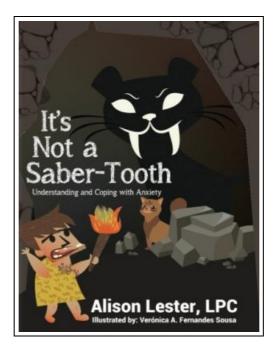
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(Miss Dakota Zulauf)

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Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Veronica a Fernandez Sousa (illustrator). Language: English . Brand New Book ***** Print on Demand ******. Are your worries and fears getting way too big? Is your anxiety getting in the way of doing the things you want? Do you feel hopeless to take control of your worries? If you do, you re not alone. Anxiety is a problem people have been facing since the age of cavemen! If you re looking for a way to understand what is going on in your body and mind so you can take charge of that worry, then you ve come to the right place! A psychotherapist, and self-proclaimed anxiety sufferer, Alison Lester shares her personal and professional wisdom in It's Not a Saber Tooth: Understanding and Coping with Anxiety. Through metaphors, characters, and humor, she provides a child-friendly way to understand the science of anxiety and how we can work with our bodies and minds to create lasting change. In these pages you Il learn: How our natural survival instinct can contribute to anxiety What we can do to get better at tolerating the distress of anxiety How to create change in both our minds and bodies to reduce anxiety This workbook is a tool designed for children and parents to work together at changing their experience with anxiety. Alison combines various techniques including ideas based in Cognitive Behavioral Therapy (CBT) and Mindfulness Based Stress Reduction (MBSR), two of the most widely used methods of treating anxiety in children and adolescents. The methods presented here are focused at doing more than just masking anxiety or treating symptoms; the goal is to create deep, internal, long-lasting change at the core of our children's lives. If you are looking for REAL change, this...

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