



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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[5.02 MB]

Reviews

An extremely wonderful book with lucid and perfect information. It is one of the most awesome publication i have read. Your life period will probably be enhance the instant you total looking at this pdf.

-- Prof. Dan Windler MD

It is really an amazing publication i actually have at any time read. It is really simplistic but unexpected situations inside the 50 percent of your pdf. Its been written in an exceptionally simple way in fact it is just right after i finished reading this ebook where actually transformed me, alter the way i really believe.

-- Dr. Celestino Spinka III

Other PDFs



Would It Kill You to Stop Doing That?

Book Condition: New. Publisher/Verlag: Little, Brown Book Group | A Modern Guide to Manners | A laugh-out-loud guide to modern manners by acclaimed humorist, author, and Vanity Fair columnist Henry Alford. | A few years ago, humorist and journalist Henry Alford found...



The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds

Anness Publishing. Paperback. Book Condition: new. BRAND NEW, The Trouble with Trucks: First Reading Book for 3 to 5 Year Olds, Nicola Baxter, Geoff Ball, This is a super-size first reading book for 3-5 year olds, with an engaging story, colourful pictures...



Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Children s Educational Book Junior Leonardo Da Vinci : An Introduction to the Art, Science and Inventions of This Great Genius Age 7 8 9 10 Year-Olds. [British English]

Createspace, United States, 2013. Paperback. Book Condition: New. 248 x 170 mm. Language: English . Brand New Book ***** Print on Demand *****.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to expand and inspire young minds; this is...



Comic Maths: Sue: Fantasy-Based Learning for 4, 5 and 6 Year Olds

The Captain Papadopoulos Publishing Company, United Kingdom, 2012. Paperback. Book Condition: New. Brian Williamson (illustrator). 276 x 214 mm. Language: English . Brand New Book ***** Print on Demand *****.Comic Maths: Sue (Key Stage 1, Level 1) has been created for children...



Short Stories Collection I: Just for Kids Ages 4 to 8 Years Old

2013. PAP. Book Condition: New. New Book. Delivered from our UK warehouse in 3 to 5 business days. THIS BOOK IS PRINTED ON DEMAND. Established seller since 2000.