

## [FREEING YOUR CHILD FROM ANXIETY](#)



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Freeing Your Child from Anxiety Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomachaches, nightmares, and even refusing to go to school.

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Written by an expert in the field of childhood anxiety disorders, this indispensable guide provides parents with safe, proven methods for reducing childhood anxiety. Contact: nm45807@gmail.com

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### **Freeing Your Child From Anxiety Powerful Practical**

Tamar E. Chansky, Ph.D., is a psychologist and author of the popular self-help books Freeing Your Child from Obsessive-Compulsive Disorder, Freeing Your Child from Negative Thinking, and Freeing Yourself from Anxiety.

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### **Freeing Your Child from Anxiety Revised and Updated**

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.

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If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help.

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**Freeing your Child from Anxiety Indigo Chapters**

In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.

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