

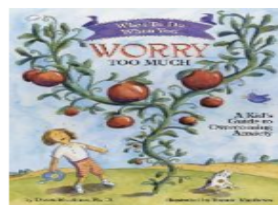
Worrying and Anxiety in Children



Recently I came across a great resource for parents and teachers of children who experience bouts of worrying and anxiety. *What to Do When You Worry Too Much* written by Dawn Huebner, Ph.D. is a kid's guide to overcoming and dealing with worrying and anxiety.

“This book takes parents through cognitive-behavioral techniques most often used in the treatment of anxiety. Lively metaphors and illustrations make the concepts and strategies easy to understand, while clear how-to steps and prompts to draw and write help children master new skills related to reducing anxiety. This interactive self-help book is the complete resource for educating, motivating and empowering kids to over their overgrown worries.”- Dr. Huebner

You can buy this book at: bookdepository.com (free worldwide shipping):



What to Do When You Worry Too Much

Dawn Huebner

★★★★★

31 Oct 2005

Paperback

US\$17.20
