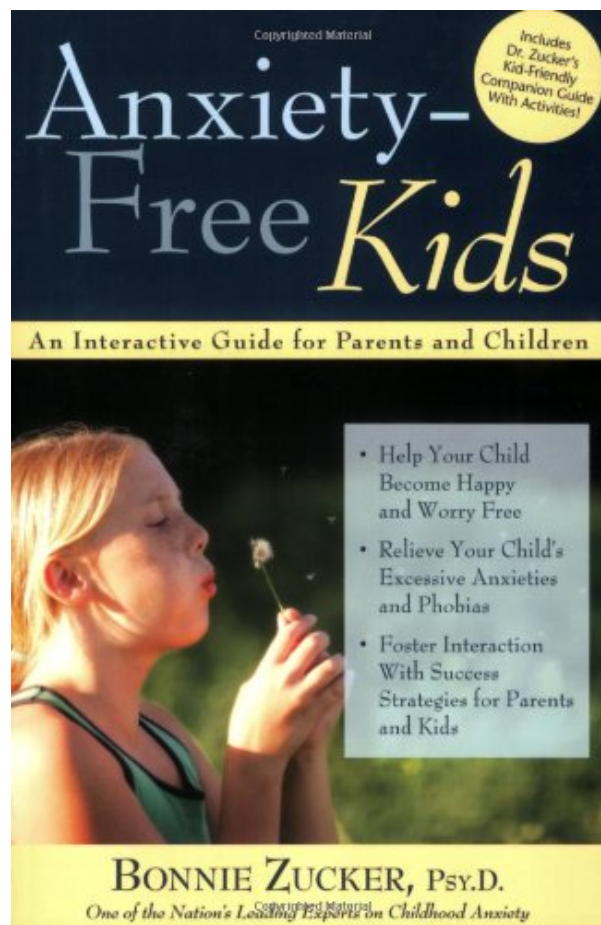
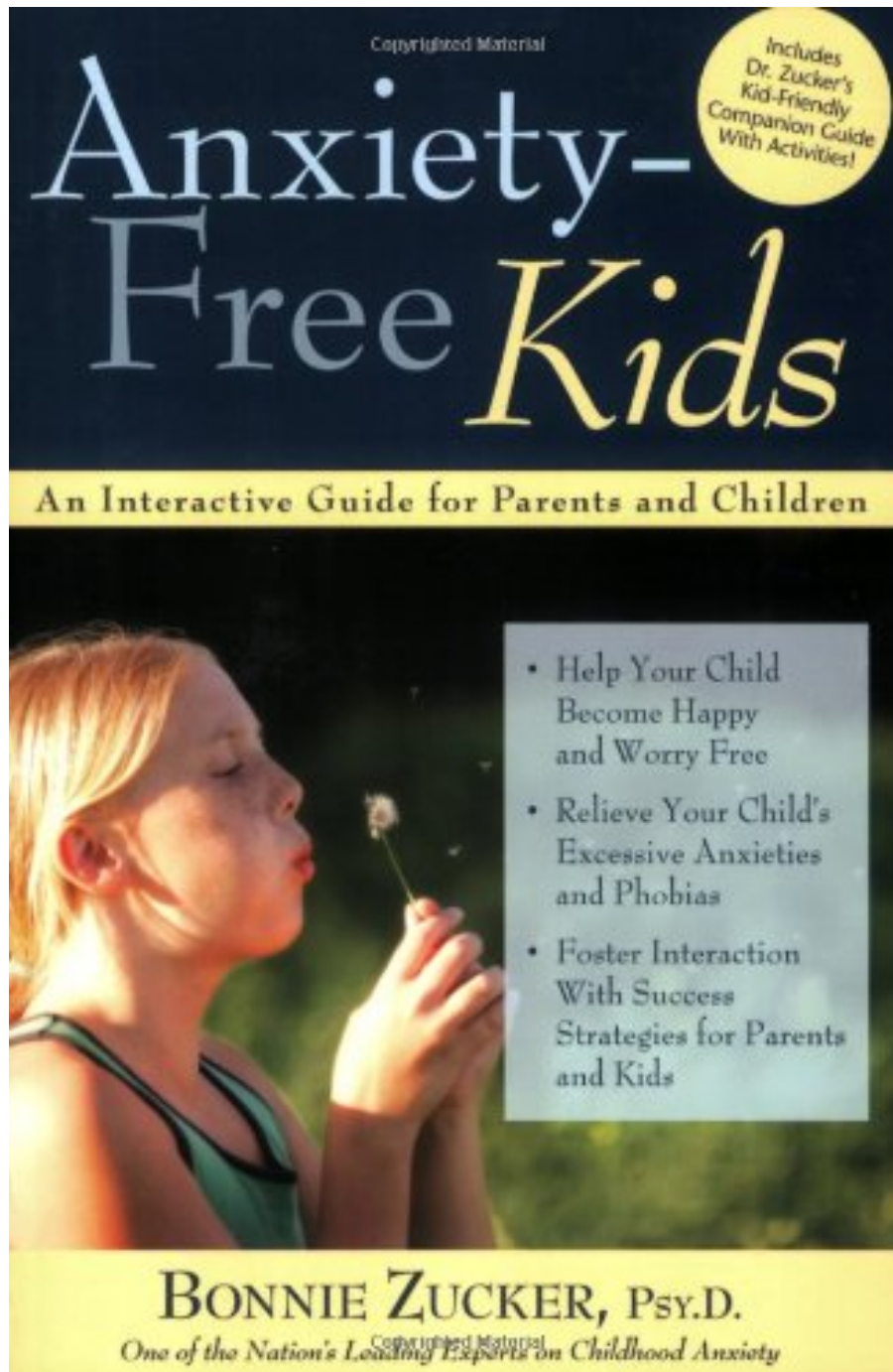


ANXIETY-FREE KIDS: AN INTERACTIVE GUIDE FOR PARENTS AND CHILDREN BY BONNIE ZUCKER



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Review

Anxiety does not have to be a constant state. Anxiety-Free Kids: An Interactive Guide for Parents and Children is a parent's guide to dealing with their child's anxieties and phobias so that they can face them now before they develop into lifelong problems. Doubling as an advice guide for parents and an activity book for younger readers in dealing with their fears, Anxiety-Free Kids is a unique approach to childhood phobia [and is] highly recommended. --

—James A.Cox, Editor-in-Chief, Midwest Book Review

About the Author

Bonnie Zucker, Psy.D., is a licensed psychologist with an expertise in psychotherapy with children and adolescents. She received her doctoral degree in clinical psychology from Illinois School of Professional Psychology in Chicago and her master's degree in Applied Psychology from the University of Baltimore. Dr. Zucker specializes in the treatment of childhood anxiety disorders. Using a cognitive-behavioral (CBT) approach, she has helped hundreds of children become anxiety-free by teaching them coping skills, methods for challenging their faulty thinking, and how to systematically face their fears. Dr. Zucker also integrates a family systems approach in order to teach parents how to most appropriately respond to their child's anxiety disorder. Dr. Zucker is in private practice in Washington, DC, and Rockville, MD, and is active in training mental health professionals on the treatment of anxiety disorders.

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Anxiety-Free Kids offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy by integrating the parent in the child's self-help process.

Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less developed social skills, and to be more vulnerable to substance abuse. The author employs cognitive-behavioral therapy, the most empirically supported treatment of anxiety disorders, along with a family approach to build a supportive team to help kids with anxiety successfully overcome their worries.

Covering the six most commonly occurring anxiety disorders in childhood—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears.

- Sales Rank: #499309 in Books
- Published on: 2008-11-01
- Original language: English
- Number of items: 1
- Dimensions: .65" h x 6.02" w x 8.98" l, .91 pounds
- Binding: Paperback
- 250 pages

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Most helpful customer reviews

1 of 1 people found the following review helpful.

Bonnie Zucker has put together an excellent resource in Anxiety-Free kids

By Treasure Hunter

Bonnie Zucker has put together an excellent resource in Anxiety-Free kids. I'm so glad I purchased this book. I like the way it's written so that it's helpful and informative for both parent and child, and I like the way the ideas can be implemented as a "team" effort. It gives lots of practical tips and exercises, and good examples of positive self talk. This was a good purchase. So many great ideas. It arrived in excellent condition, and delivery was good and fast.

27 of 27 people found the following review helpful.

Truly Excellent

By atomic

I am a psychiatrist specializing in anxiety disorders. I find this book very impressive. It employs proven scientifically based approaches to help kids with a wide range of anxiety symptoms. It is presented in an easy to understand, and easy to use format. The book synthesizes a wide range of therapeutic approaches in a manner that can be easily translated into immediate application by the layman. If you learn whats in this book, you will know more than most therapists about treating childhood anxiety disorders! I highly recommend this book.

1 of 1 people found the following review helpful.

The children's section was clear and easy for young children to understand

By Amanda Ball

My 9 year old son was struggling with situational anxiety. This book was helpful for both of us. The parent portion was helpful as it gave tips and advice on how to help my son during each phase of the book. The children's section was clear and easy for young children to understand. I definitely think this could be beneficial for children as young as 7.

See all 25 customer reviews...

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