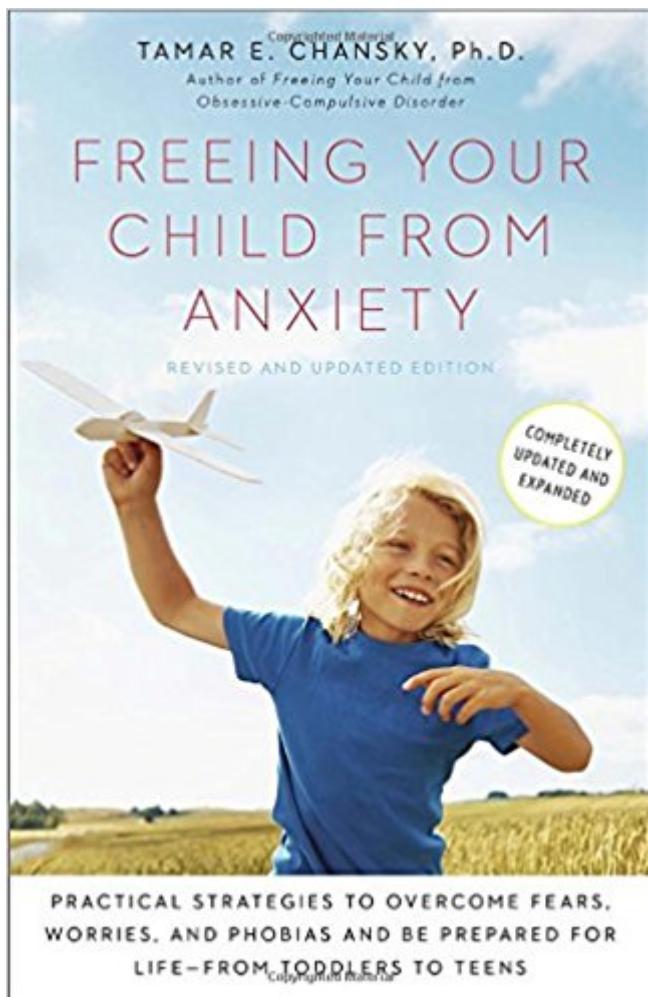


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# Freeing Your Child From Anxiety, Revised And Updated Edition: Practical Strategies To Overcome Fears, Worries, And Phobias And Be Prepared For Life--from Toddlers To Teens





## **Synopsis**

Childhood should be a happy, carefree time. Too many children are stressed-out and exhibiting symptoms of anxiety. In *Freeing Your Child from Anxiety*, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life. Parents everywhere want to know: What is normal? How can you know when stress has crossed over into a full-blown anxiety disorder? How can you prevent anxiety from taking root? And how do you help your son or daughter break free from a pattern of fear and worry and lead a happy, productive life? Fortunately, anxiety is very treatable, and parents can do a lot to help get their children's emotional well-being back on track. *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. These simple solutions can help parents prevent their children from needlessly suffering today and ensure that their children have the tools they need for a good life tomorrow.

## **Book Information**

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## **Customer Reviews**

Praise for *Freeing Your Child from Anxiety*: "An excellent book, one of the best of its kind...This book has the potential for helping thousands and thousands of children, their parents, and their families."

--Judith S. Beck, Ph.D., President, Beck Institute for Cognitive Therapy and Research, Clinical Associate Professor of Psychology in Psychiatry, University of Pennsylvania "The master of providing clear, accessible, practical advice and guidance for wise and loving care of the anxious child." --Jeffrey M. Schwartz, M.D., author of *Dear Patrick* Praise for *Freeing Your Child from Negative Thinking*: "Tamar Chansky, Ph.D., has done it again" "written another incredibly helpful, practical book. *Freeing Your Child from Negative Thinking* offers specific strategies for parents (or any adult) to use with children and describes variations on these strategies for younger children and older adolescents. Every parent who has a pessimistic, negativistic child should read this book! As parents use the thinking and behavioral strategies that Dr. Chansky recommends, they will undoubtedly find that they themselves are becoming more optimistic and positive, not only toward their child but also more generally in their own lives. I highly recommend this wonderful book." •

--Judith S. Beck, Ph.D., Director, Beck Institute for Cognitive Therapy and Research and Clinical Associate Professor of Psychology in Psychiatry, University of Pennsylvania "Many youngsters are burdened by self-doubt, negative feelings, and depression. Their lack of confidence and sadness typically trigger feelings of confusion and distress in their parents as the latter struggle to find the best approach to help their children develop a more optimistic, resilient outlook. Tamar Chansky's book *Freeing Your Child from Negative Thinking* offers a wonderful resource for parents. In a very skillful manner, Dr. Chansky's explains the roots of negative thinking, but most importantly, she offers specific, realistic strategies with actual dialogue that parents can use to minimize their child's negativity. Her empathy and understanding for children and parents is evident on every page of this very readable, practical book. It is a book that parents of children of all ages will read and re-read as they seek to help their children perceive themselves in a more hopeful light." •

--Robert Brooks, Ph.D., Faculty, Harvard Medical School and co-author of *Raising Resilient Children* and *Raising a Self-Disciplined Child* "Tamar Chansky gives parents a dynamic approach to helping their children escape thinking badly about themselves and their world?thoughts ranging from mild negativism to clinical depression. Her insightful and creative techniques, based on scientifically grounded cognitive behavior therapy, are, on any given day, helpful not only for parents and their children but for all of us. Next time I want to blame myself for something that went wrong, or feel terrible about something I did, I will open this book and I know I will soon feel

better." •

--Myrna Shure, Ph.D., author of *Raising a Thinking Child* and *Thinking Parent, Thinking Child* "Tamar Chansky has distilled cutting-edge research on optimism, pessimism, depression, and resilience into an incredibly thoughtful guide for parents. Her book is full of suggestions about what to look for and what to do (and what not to do) that parents should find engaging and

accessible. Reading this book should ease the worries of both parents and their children.â --Barry Schwartz, author of The Paradox of Choice and Professor of Psychology, Swarthmore Collegeâ œIn a clearly readable fashion, Dr. Tamar Chansky combines clever phrasing (for adults) along with â œkid speakâ • to communicate with youth. From her having worked with anxious youth who struggle with all of the possibilities (too many), Dr. Chansky shifts to the negative youth who see no futureâ "the youth who mistake one thing for everything. She walks the reader through discussions that focus on how negative experiences happen to everyone, and that they are â ^manageableâ ™ and â ^temporaryâ ™. This book is not a review of the scientific literature, but it is a readable set of guidelines and understandings that are informed by it.â • --Philip C. Kendall, Ph.D., ABPP, Professor of Psychology and Director, Child and Adolescent Anxiety Disorders Clinic, Temple Universityâ œFor every parent who wants their child not to feel bad, here is an excellent book to feel great about. In Freeing Your Child from Negative Thinking, Dr. Chansky abundantly gives parents powerful, easy to apply tools to ensure the emotional health and success of any child. I hope no parent trying to help their child to get ahead misses out on reading this wonderful book packed with valuable advice.â • -- Jeffrey Bernstein, Ph.D., author of 10 Days to a Less Defiant Child

TAMAR E. CHANSKY, Ph.D., founder of the Childrenâ ™s and Adult Center for OCD and Anxiety, has helped thousands of children overcome fears and gripping mental compulsions. She is also the author of Freeing Your Child from Negative Thinking, Freeing Your Child from Obsessive-Compulsive Disorder, and Freeing Yourself from Anxiety.

I can't imagine there being a more thorough and easily accessible book out there on childhood anxiety. It is well written and reference is quick. It covers a tremendous amount of information, but the format is user friendly. This book was recommended by my pediatrician. I have a youngster who I felt needed a little nudging in the confidence department. While reading, I actually learned a lot about myself and my own anxieties.

I usually do not do reviews, but I can't pass this one up. Our pediatrician recommended we read this book. At first, I wondered what in the world reading a book about something would even help. It wouldn't be geared towards my daughter, and we needed help. I can honestly say as reluctant as I was, this book has been amazing! I would recommend this book to everyone even when their child is not struggling. There are so many great ideas and eye openers. I wish I would have read this a few years back, and maybe we could have helped sooner. I can already see where the small

changes we are making just from the ideas in the book are helping. We are still seeking treatment, but this book has been an amazing stepping stone for the direction we are trying to head down.

In her book, *Freeing your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries and Phobias and be Prepared for Life - - from Toddlers to Teens*, Dr. Tamar Chansky, provided two very important things that countless therapists and Doctors over the years have been unable to give me and my child. The first is hope and the second and most important is a very clear and easy to understand guide on how to cope with, manage and possibly overcome anxiety. The list of interventions we have tried with my child is VERY long, and nothing provided any sort of relief. Because of this we were both pretty skeptical about the book but we were not even through the second chapter when I started to feel excited and hopeful and by chapter 4? I was in tears. As a mom, I want my child to feel comfortable exploring the world and his anxiety had not allowed for that and my pleas for someone to help him find a way to cope seemed to fall on many, many, well educated deaf ears. My son and I have been working on the techniques in the book and the child who has been completely unable to keep it together in spaces that are too loud, too crowded, new or different recently sat through an entire Christmas play in a very crowded auditorium using what he has learned in this book, and he was completely ok!! Simply amazing!! Not only do I HIGHLY recommend this book to every parent who has a child struggling with anxiety but I firmly believe that every teacher, pediatrician and mental health professional across the board that works with children should make it a point to read this book as soon as possible. I received a free copy of the book from Blogging for books for my honest review, and for this particular opportunity I can not thank them enough!

Excellent book with an overview of anxiety and practical suggestions for helping anxious children. The author communicates well for parents and professionals. Was recommended to my daughter by her pediatrician. It does not disappoint.

This book has been extremely beneficial and helpful to me and my family!

Calming....reassuring....reinforcing in spirit and hopefulness! Excellent tools for thriving!

This is a great book for parents with children who have a tendency towards anxiety.

This book works. IT WORKS, YOU GUYS.

Great gifts for others.

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on social anxiety.

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