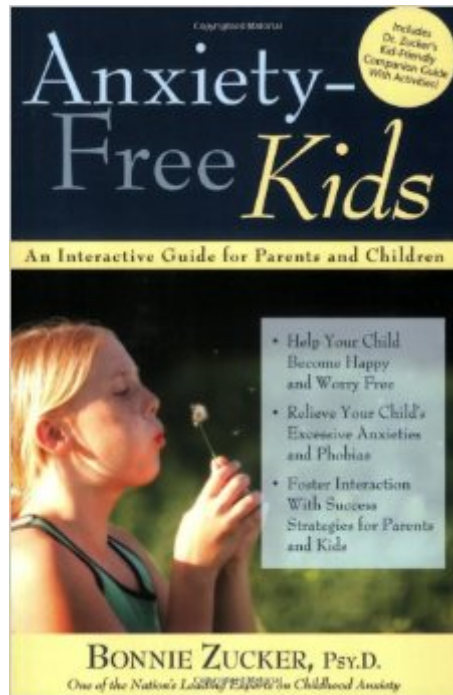


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# Anxiety-Free Kids: An Interactive Guide For Parents And Children



## Synopsis

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.

## Book Information

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Average Customer Review: 4.7 out of 5 stars— See all reviews— (25 customer reviews)

Best Sellers Rank: #23,872 in Books (See Top 100 in Books) #48 in Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders #59 in Books > Health, Fitness & Dieting > Mental Health > Mood Disorders #74 in Books > Health, Fitness & Dieting > Children's Health

## Customer Reviews

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 what's in this book, you will know more than most therapists about treating childhood anxiety disorders! I highly recommend this book.

I bought this two years ago knowing that my son was an anxious child. We had looked through it a bit together, not reading it cover to cover as recommended. However, when his anxiety recently began to escalate and interfere with his normal daily functioning, I was unexplainably glad to have Dr. Zucker's book at the ready. We've read through it together at a quicker pace than the recommended chapter-per-week, and it has helped tremendously. My ten year-old is regaining his confidence, and I feel hopeful that his anxiety will not necessarily become a burden for him into his adulthood. Thank you Dr. Zucker for this outstanding, practical, effective resource.

Dr Zucker's book is truly one of a kind - the idea of pairing a book for BOTH the parent and the child is excellent - the book is easy to read - puts forth workable suggestions and strategies - and enables me to integrate my child in the process of learning how to deal with every day issues stemming from anxiety - I highly recommend this book to any parent regardless of the level of anxiety your child may be experiencing!

We're still working our way through this book, but so far it's been very helpful. The relaxation scripts have been a really useful tool in getting my child to relax in bed at night. There are only a few variations, but it's helped us come up with our own ideas as well.

This book uses a great approach to teaching both parent and child how to deal with all kinds of anxiety disorders. The breadth and depth of coverage is quite remarkable and the techniques are implementable by anyone who seriously tries to apply them. The only other book I have found that is as useful as this one is Dr. Tamar Chansky's book, "Freeing Your Child from Anxiety". There is a good summary of that book for Kindle that provides an overview of Dr. Chansky's techniques. [A Summary of: Dr. Tamar Chansky's "Freeing Your Child from Anxiety" \(A FAST-FWD SUMMARY\)](#)

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.

I am a child/family therapist, and I always recommend this book to parents whose children struggle with anxiety. It has an "adult" section followed by a "kid" section which restates the same material in easy-to-understand terms for the child. A really well-written, helpful book.

Dr. Zucker offers a fresh, well written and practical guide for parents who have noticed anxiety in their child and wish to help through a combination of information, structured exercises and deep empathy. As a psychologist who works with many couples who have children--this is now the book I reference when such issues arise.

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