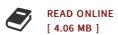




## The Worried Child: Recognizing Anxiety in Children and Helping Them Heal (Hardback)

By PH D Paul Foxman

Hunter House Publishers, United States, 2004. Hardback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anxiety in children diminishes their intellectual, emotional and social development, as well as physical health. Author Paul Foxman believes there are three interacting ingredients that contribute to anxiety in children -- biological sensitivity, personality, and stress overload. The Worried Child shows that anxiety is preventable or can at least be minimized by raising children s self confidence, increasing social and self-control skills, and teaching them how to play, relax, and communicate their feelings and needs. Written for parents and teachers and anyone dealing with children, the guide covers the importance of adequate rest, sleep, and exercise and provides detailed lists, skill exercises, sample dialogues, and case studies. It also presents extensive information on the various types and symptoms of anxiety disorders. Advice for educators, health care professionals, childcare workers and psychotherapists is included along with a chapter and tutorial written specifically for children. The Worried Child is a highly accessible self-help guide for anyone dealing with a child who is or may become anxious.



## Reviews

This ebook is worth purchasing. It is writter in straightforward words and not hard to understand. You will not feel monotony at at any time of your respective time (that's what catalogs are for about in the event you ask me).

-- Eileen Kling I

This is actually the finest ebook i have got study till now. I actually have go through and that i am sure that i am going to likely to read once again once again later on. Its been developed in an extremely straightforward way and is particularly simply soon after i finished reading through this ebook through which actually modified me, change the way i really believe.

-- Mrs. Maybelle O'Conner