



What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)

By Dawn Huebner

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What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) By Dawn Huebner

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

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- Sales Rank: #318 in Books
- Brand: Magination Press
- Published on: 2005-09-15
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 11.00" h x 8.50" w x .25" l, .53 pounds
- Binding: Paperback
- 80 pages



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Editorial Review

Review

"Dr. Dawn Huebner has created a completely accessible, easy-to-understand book to show worrying children a new way of life. Kids will breathe a sigh of relief to learn solutions that really work." --*Tamar Chansky, PhD, Author of Freeing Your Child from Anxiety*

This book takes ideas that are overwhelming for a small child and presents them in manageable chunks. It is the first step to saying goodbye to anxiety! *Portland Book Review*

The title says it all really, what to do when you worry too much. Huebner gently explains that worries are normal and all kids have them. She uses humorous illustrations and metaphors to explain that if your worries have grown so big that they get out of hand and bother you almost every day, you might need some extra help. --*The Mental Health Foundation of New Zealand*

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Introduction to Parents and Caregivers -

If you are the parent or caregiver of an anxious child, you know what it feels like to be held hostage. So does your child. Children who worry too much are held captive by their fears. They go to great lengths to avoid frightening situations, and ask the same anxiety-based questions over and over again. Yet the answers give them virtually no relief. Parents and caregivers find themselves spending huge amounts of time reassuring, coaxing, accommodating, and doing whatever else they can think of to minimize their child's distress.

But it doesn't work. The anxiety remains in control. As you have undoubtedly discovered, simply telling an anxious child to stop worrying doesn't help at all. Nor does applying adult logic, or allowing your child to avoid feared situations, or offering reassurance every time the fears are expressed.

Anxiety has a way of growing, spreading, shifting in form, and generally resisting efforts to talk it out of existence. But there is hope. *What to Do When You Worry Too Much* will teach you and your child a new and more successful way to think about and manage anxiety. The techniques described in this book will help your child take control.

Users Review

From reader reviews:

Rose Villegas:

Reading a book can be one of a lot of exercise that everyone in the world enjoys. Do you like reading book so. There are a lot of reasons why people enjoyed. First reading a reserve will give you a lot of new info. When you read a book you will get new information simply because book is one of many ways to share the information or even their idea. Second, studying a book will make a person more imaginative. When you examining a book especially hype book the author will bring someone to imagine the story how the figures do it anything. Third, you can share your knowledge to other people. When you read this *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids)*, it is possible to tells your family, friends along with soon about yours guide. Your knowledge can inspire average, make

them reading a e-book.

Charlie Hartman:

Reading a book tends to be new life style within this era globalization. With looking at you can get a lot of information that may give you benefit in your life. Along with book everyone in this world can share their idea. Books can also inspire a lot of people. A great deal of author can inspire all their reader with their story or their experience. Not only the story that share in the ebooks. But also they write about the information about something that you need case in point. How to get the good score toefl, or how to teach children, there are many kinds of book that you can get now. The authors on earth always try to improve their proficiency in writing, they also doing some study before they write to their book. One of them is this *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (*What to Do Guides for Kids*).

Rosalie Castillo:

That book can make you to feel relax. That book *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (*What to Do Guides for Kids*) was vibrant and of course has pictures around. As we know that book *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (*What to Do Guides for Kids*) has many kinds or type. Start from kids until youngsters. For example Naruto or Investigator Conan you can read and think that you are the character on there. So , not at all of book tend to be make you bored, any it can make you feel happy, fun and relax. Try to choose the best book to suit your needs and try to like reading in which.

Ryan Barrett:

As a student exactly feel bored to reading. If their teacher expected them to go to the library or to make summary for some reserve, they are complained. Just minor students that has reading's heart and soul or real their hobby. They just do what the professor want, like asked to the library. They go to presently there but nothing reading very seriously. Any students feel that studying is not important, boring as well as can't see colorful pics on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this age, many ways to get whatever you want. Likewise word says, many ways to reach Chinese's country. Therefore this *What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety* (*What to Do Guides for Kids*) can make you truly feel more interested to read.

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