

**Let your Worries Fly Away BEST
SELLER Helping Young Children
Relax and Let Go of Worries 6-9yrs
Lynda Hudsons Unlock Your Life
Audio CDs for Children**



BOOK DETAILS

- Author : Lynda Hudson
- Pages : 1 Pages
- Publisher : Firstwayforward Audio Books
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BOOK SYNOPSIS

Around 15% of children are thought to suffer from anxiety disorders, the most commonly identified emotional or behavioural problems among children. Based on techniques developed and practised by the authors, this book teaches parents how to use cognitive behavioural techniques with their children and in so doing, become their child's therapist, helping them to overcome any fears, worries and phobias. Addresses specific fears and phobias as well as general anxiety and worrying. Provides step-by-step practical strategies. Includes case studies, worksheets and charts. Based on the authors' experience at their anxiety disorders clinic at the University of Reading and developed from a programme based on working almost exclusively with parents.

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