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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

*Tamar Phd Chansky*

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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

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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** Tamar Phd Chansky Childhood should be a happy, carefree time. Yet 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.

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