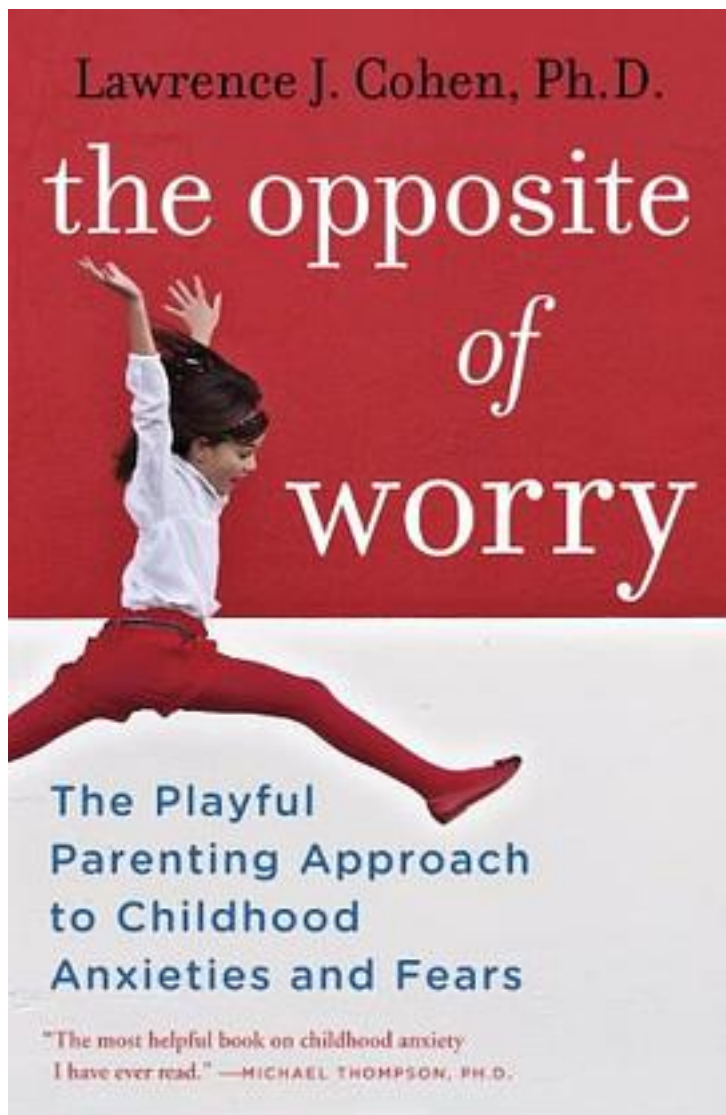


The Opposite of Worry



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著者:Cohen, Lawrence J.

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“The most helpful book on childhood anxiety I have ever read.” —Michael Thompson, Ph.D.

Whether it’s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents

- start from a place of warmth, compassion, and understanding
- teach children the basics of the body’s “security system”: alert, alarm, assessment, and all clear.
- promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-knuckling” through a fear
- find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale
- tackle their own anxieties so they can stay calm when a child is distressed
- bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing

With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy.

Advance praise for *The Opposite of Worry*

“If you want to understand your child’s anxiety—and your own parental worries—you must read Larry Cohen’s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.” —Michael Thompson, Ph.D.

“Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal.” —Patty Wipfler, founder and program director, Hand in Hand Parenting

“This book will help you calm the storm of worrying that floods so many children and teens. Take these hard-earned lessons and make them your own. Peace and clarity in your family are just pages away!” —Daniel J. Siegel, M.D., co-author of *The Whole-Brain Child*

“The Opposite of Worry offers a treasure trove of ideas to help children feel confident

and secure. Lawrence Cohen has written a book that will help every parent of an anxious child.” —Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

作者介绍:

劳伦斯·科恩 (Lawrence J. Cohen, Ph.D.)，美国临床心理学家、儿童（及成人）游戏治疗师、亲子关系专家、作家。

* 畅销书《游戏力》获美国国家亲子出版奖金奖，被翻译成多种语言，全球销售

* 常年开办面对父母、教师和早教专业人员的游戏力工作坊

* 以心理咨询师和游戏治疗师身份，在学校、社区进行育儿、婚姻、家庭主题演讲

*

定期为美国教育出版学会金灯奖杂志《小尼克家庭》及《波士顿环球报》等刊物撰写专栏

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书评

强烈推荐大家看看，老外写的东西就是牛x。
我在豆瓣上分享了几章本书的部分内容，漫画的方式，大家有兴趣可以看看。
你有足够的耐心陪伴孩子吗（6） <http://www.douban.com/group/topic/80824195/>

书摘：
孩子的焦虑性思维不可能被外部力量所改变，有效的挑战必须发自内心。假设你的孩子因为要去参加足球训练而非常紧张，他一点也不想去，你说昨天你还很喜欢呢，他不理睬你的话。于是你生气了，又接着说，昨天你明明很喜欢，这回他也生气了。问题出在哪里？尽管他昨天喜欢踢...

科恩博士的游戏力II，与《游戏力I》一脉相承，我都很喜欢，之前还推荐过他同别人合著的关于儿童社交的书《朋友还是敌人》和《妈妈，他们欺负我》，都很有启发。尤其是四月份还有机会参加了他的线下工作坊，跟他本人有了近距离接触，简直要被他的个人魅力暖化了！本人非常温暖，...

共情+轻推的方式帮助孩子战胜童年焦虑，我很赞同且深有体会。看完这本书，我一直在琢磨焦虑的感觉，感受自己的焦虑，不知道焦虑会不会遗传，但我相信焦虑一定是会传染的，每一个焦虑的孩子背后都会有一个焦虑的照看人，或爸爸妈妈或影响孩子日常生活的老人。当然每一个孩子都天...

如果说《游戏力I》重在加强亲子之间的联结，这本《游戏力II》就是旨在帮助焦虑的孩子战胜焦虑。我的女儿今年两岁半了，她就是一个不折不扣的焦虑宝宝。听到敲门声会狂奔大哭，拒绝与任何不熟悉的人交流，拒绝尝试任何体育活动，到哪里都要拉着大人的手，只在一边看别的小朋友玩...

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