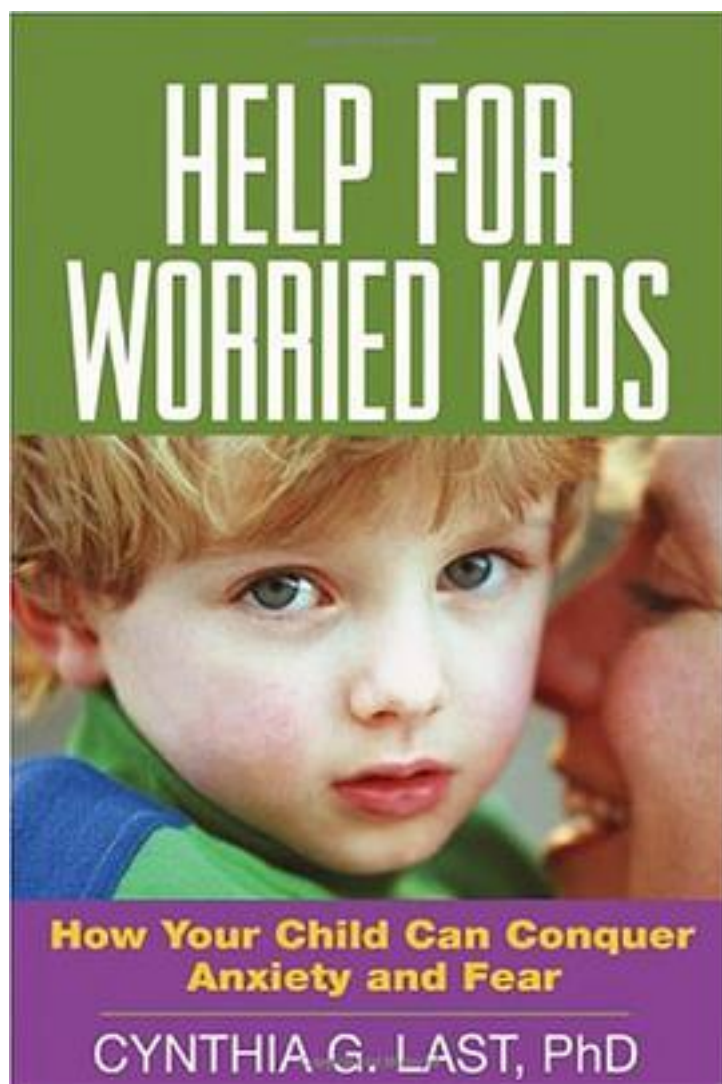


# Help for Worried Kids



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Most childhood fears are nothing to worry about. But panic attacks, phobias, and persistent anxiety can darken a child's horizons and lead to disrupted sleep, lower grades, and missed opportunities to make friends and explore the world. Dr. Cynthia G. Last helps parents determine when a child's apprehension is cause for concern. Drawing on 25 years of clinical practice and research, she vividly illustrates the different forms that childhood anxiety can take and offers practical solutions specific to each. For example, Dr. Last shows how to schedule "worry time" to ease generalized anxiety, and explains why reassurance is often counterproductive for kids with obsessive-compulsive disorder. The book emphasizes strategies for preventing episodes before they begin, demonstrates how to intervene when one is in progress, and offers tips on how to keep anxiety from worsening as a child matures. Readers will learn to be consistent and encouraging as their child develops the confidence needed to face - and conquer - worries of every kind.

作者介绍:

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