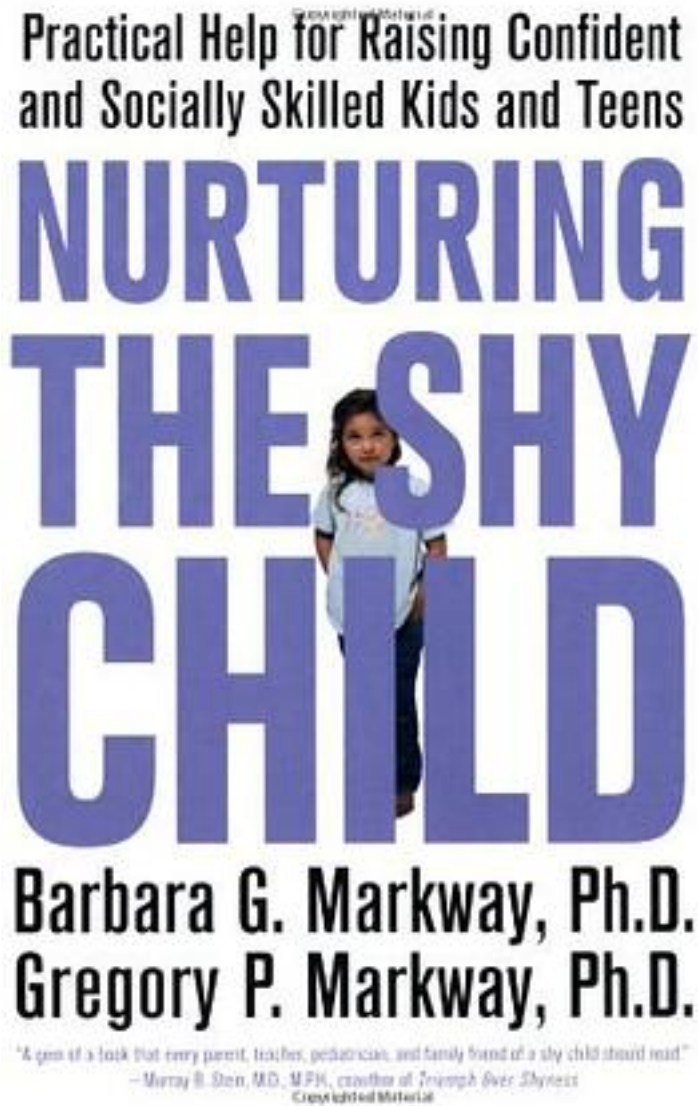


Nurturing the Shy Child



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With the right kind of care and attention, every child has the chance to overcome his or her shyness. "Nurturing The Shy Child" provides parents, teachers, guidance counsellors and other concerned adults with the latest information and practical tools that they need to help shy and socially anxious kids. This book covers the entire shy spectrum - from shyness in only certain situations to social anxiety disorder - and provides proven methods adults can use to ease the child's discomfort, tailored to specific ages and levels of anxiety. Unlike other books on shyness, "Nurturing The Shy Child" also offers much needed information on problems that can go along with shyness and social anxiety, including depression, school anxiety, separation anxiety, excessive worry, selective mutism, and more. Written by psychologists Barbara and Gregory Markway, co-authors of "Painfully Shy" and respected experts in the field, this book's sensible and reassuring tone goes a long way toward preventing needless suffering in children and offers their parents some long-overdue hope.

作者介绍:

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标签

美国

特殊教育

教育

评论

介绍了各种焦虑症的基本症状、处理方法。是一本焦虑症入门书籍。

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书评

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