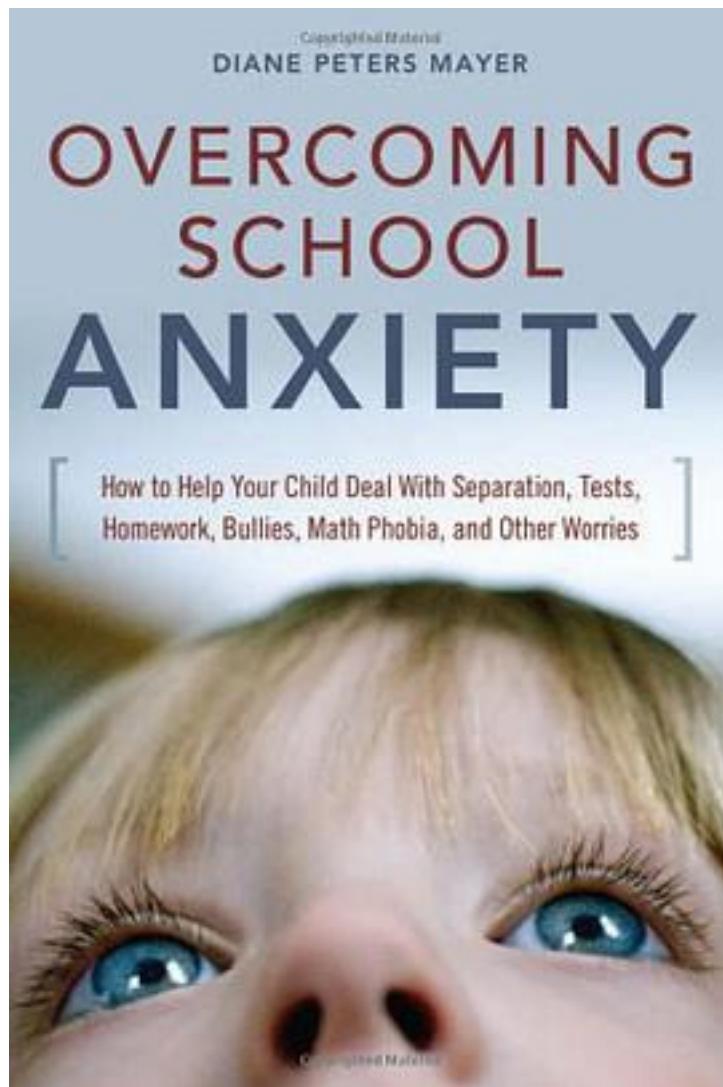


Overcoming School Anxiety



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Every year, more than 68 million students of every age find themselves worrying endlessly about that first day of school, even before it begins. Their hearts race, their stomachs turn and their palms sweat just thinking about getting on the school bus for the first time, that first surprise quiz, or that notoriously strict teacher. For parents of these children, nothing can be more upsetting than dropping their kids off on the first day of school, wondering how they will cope. Now, they can stop worrying and start helping. As a seasoned psychotherapist, Diane Peters Mayer has successfully treated hundreds of elementary and high school students suffering from this common and serious problem. In "Overcoming School Anxiety", she shows parents how to deal with a wide variety of concerns from the fear of leaving home and refusal to go to school, to bullying and school violence and the fear of speaking up in class. Mayers also offers easy-to-learn exercises and techniques, including breathing and relaxation exercises for children of all ages, focusing techniques, and tips on proper diet and exercise that help relieve stress. Filled with real-life examples as well as proven advice for working with teachers, principals and counselors, this is the only comprehensive guide that will enable every parent to help their child cope, build confidence and succeed in school.

作者介绍:

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