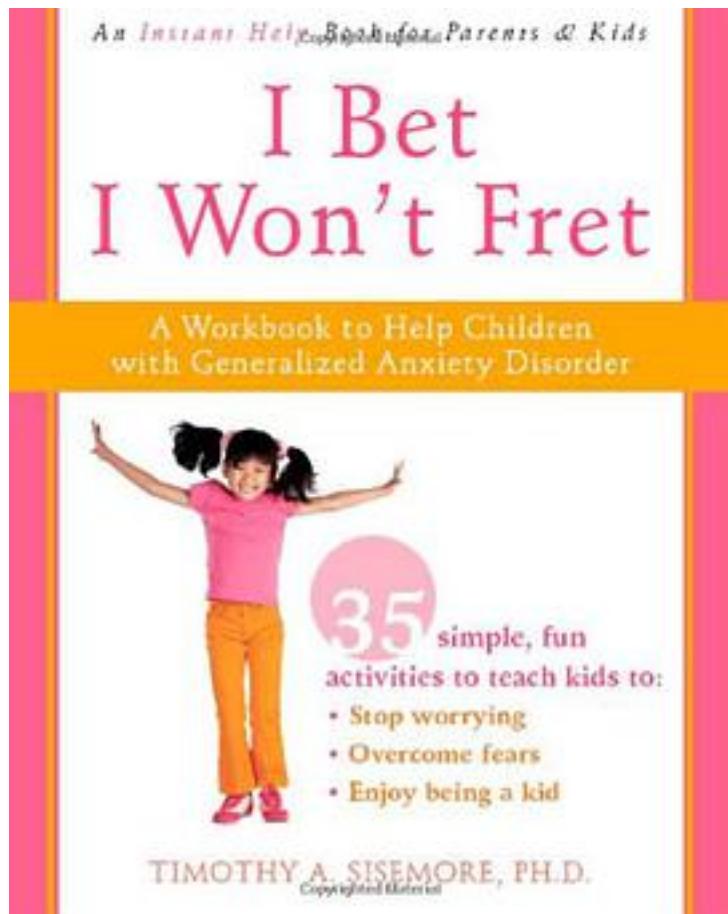


I Bet I Won't Fret



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This professional edition includes both the Instant Help book and a companion CD that offers the complete book and printable worksheets for your clients. We like to think of childhood as a carefree time, but for the many children with anxiety disorders it's anything but. Generalized anxiety disorder (GAD) is one of the most common anxiety

disorders in children. It causes intense worry and anxiety that can disrupt emotional, academic, and social development. The good news is that GAD is highly treatable and children can be taught to manage and even overcome it. Child psychologist, Timothy Sisemore specializes in helping anxious children and in *I Bet I Won't Fret* he gives kids fun and engaging exercises to help them relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. These activities can be done on their own or as part of a therapy program, and are appropriate for kids between the ages of six and twelve.

作者介绍:

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