

How Your Child Can Conquer Anxiety And Fear

Every child experiences some degree of anxiety and fear, but for some, these feelings can become overwhelming and debilitating.



Help for Worried Kids: How Your Child Can Conquer Anxiety and Fear by Cynthia G. Last

★★★★★ 5 out of 5

Language : English
File size : 6197 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 289 pages



If your child is struggling with anxiety or fear, it can be difficult to know how to help. This book provides a comprehensive guide to understanding childhood anxiety and fear, and offers evidence-based strategies for helping your child overcome these challenges.

In this book, you will learn:

- What anxiety and fear are and how they affect children
- The different types of childhood anxiety and fear
- The causes of childhood anxiety and fear

- How to identify the signs and symptoms of childhood anxiety and fear
- How to help your child cope with anxiety and fear
- How to prevent childhood anxiety and fear

This book is written by a team of experts in the field of child psychology. It is based on the latest research and evidence-based practices. The strategies in this book have been shown to be effective in helping children overcome anxiety and fear.

If you are a parent of a child who is struggling with anxiety or fear, this book is a valuable resource. It can provide you with the information and tools you need to help your child overcome these challenges and live a happy, healthy life.

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