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Freeing Your Child From Anxiety: Powerful, Practical ... Freeing Your Child from Anxiety contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture.

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Freeing Your Child from Anxiety: Powerful, Practical ...

Freeing the Planet from Anxiety— One Thought at a Time Dedicated to helping children, teens, and adults overcome worry and create the life they want. Psychologist • Author • Speaker Anxiety disorders are the most common and the most treatable psychiatric condition. For over two decades I have devoted my life to the world of [...]

Tamar E. Chansky

Childhood should be a happy, carefree time. Too many children are stressed-out and exhibiting symptoms of anxiety. In Freeing Your Child from Anxiety, childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life. Parents everywhere want to know: What is normal?

Freeing Your Child from Anxiety, Revised and Updated ...

Freeing Your Child from Anxiety contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture.

Book Review: Freeing Your Child from Anxiety

The Freeing Your Child series offers powerful, practical strategies for parents of children with anxiety, obsessive compulsive disorder and negative thinking. By cracking the code and taking the mystery out of confusing and distressing symptoms, parents will become experts in how anxiety and related conditions work.

Books - Tamar E. Chansky

In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette’s Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.

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Freeing Your Child from Anxiety by Tamar Chansky

Freeing Your Child from Anxiety contains easy, fun, and effective tools for teaching children to outsmart their worries and take charge of their fears. This revised and updated edition also teaches how to prepare children to withstand the pressure in our competitive test-driven culture.

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