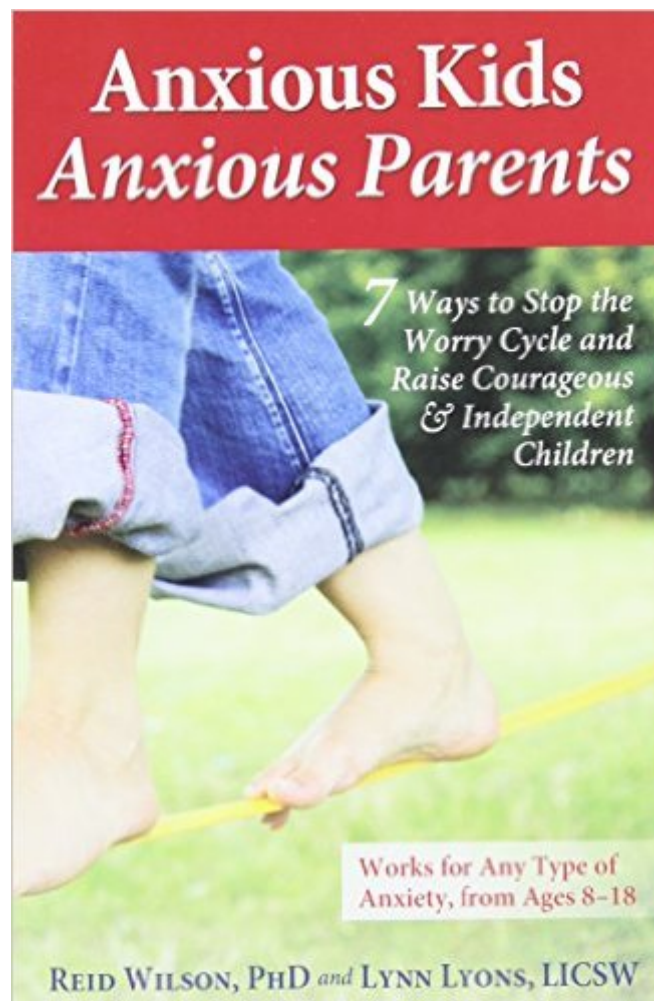


The book was found

Anxious Kids, Anxious Parents: 7 Ways To Stop The Worry Cycle And Raise Courageous And Independent Children



Synopsis

With anxiety at epidemic levels among our children, *Anxious Kids, Anxious Parents* offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy. How do you manage a child who gets stomachaches every school morning, who refuses after-school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: One in every five kids suffers from a diagnosable anxiety disorder. Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance. From their success with hundreds of organizations, schools, and families, Reid Wilson, PhD, and Lynn Lyons, LICSW, share their unconventional approach of stepping into uncertainty in a way that is currently unfamiliar but infinitely successful. Using current research and contemporary examples, the book exposes the most common anxiety-enhancing patterns—including reassurance, accommodation, avoidance, and poor problem solving—and offers a concrete plan with 7 key principles that foster change. And, since new research reveals how anxious parents typically make for anxious children, the book offers exercises and techniques to change both the children's and the parental patterns of thinking and behaving. This book challenges our basic instincts about how to help fearful kids and will serve as the antidote for an anxious nation of kids and their parents.

Book Information

Paperback: 264 pages

Publisher: HCI; 1 edition (September 3, 2013)

Language: English

ISBN-10: 0757317626

ISBN-13: 978-0757317620

Product Dimensions: 0.8 x 5.8 x 8.8 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (50 customer reviews)

Best Sellers Rank: #9,879 in Books (See Top 100 in Books) #16 in [Books > Self-Help > Anxieties & Phobias](#) #285 in [Books > Parenting & Relationships > Parenting](#)

Customer Reviews

The beginning of this year I was afflicted with panic attacks. ADD and Clinical Depression afflict me; I believed anxiety did not. I have discovered over the last year that I am a very anxious person. To

the point where it causes me to make decisions I wouldn't otherwise make. I shared about my experience and started reading about anxiety. As we traveled this year I realized that my youngest daughter exhibits some of my mannerisms. Especially if she is scared, tired, stressed or uncomfortable. That set me into a panic mode. (There's that anxiety again!) Did I pass on this horrific gene to her...or have I done something to contribute to her issues? I think as a momma, I beat up myself more than I should. So, when I'm unsure about things, I read. As much as I can. This last month I've been reading *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children*. Written by Dr. Reid Wilson and Lynn Lyons, LICSW, published by HCI). It is scheduled for release on September 3, 2013. This book helps parents learn how to deal with kids who seem to get a stomach-ache every morning. The child who clings to her mom whenever they leave the house. The child compulsively washing hands, arranging the closets or checking windows. Anxiety stops children from leaving independent and productive lives. The 7 steps in this book will change lives.

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