Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents (Hardback)

By Laurie E Zelinger, Jordan Zelinger

Loving Healing Press, United States, 2014. Hardback. Book Condition: New. Elisa Sabella (illustrator). 2nd. 222 x 222 mm. Language: English . Brand New Book. What s happening to me? This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. Please Explain Anxiety to Me, 2nd Edition gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will: learn that they can handle most issues if they are explained at their developmental level understand the brain/body connection underlying anxiety identify with the examples given find comfort and reassurance in knowing that others have the same experience be provided with strategies and ideas to help them change their anxiety responses be able to enjoy childhood and to give up unnecessary worrying Therapists and Educators Praise Please Explain Anxiety To Me, Second Edition On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the...

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Reviews

This book is definitely worth acquiring. I have go through and so i am certain that i will likely to read through again again in the future. Its been printed in an exceptionally basic way in fact it is only after i finished reading this publication in which actually altered me, change the way in my opinion.
-- Andres Bashirian

Comprehensive guide for publication fanatics. This really is for all who statte there had not been a well worth reading through. I discovered this ebook from my dad and i encouraged this book to find out.
-- Lacy Goldner