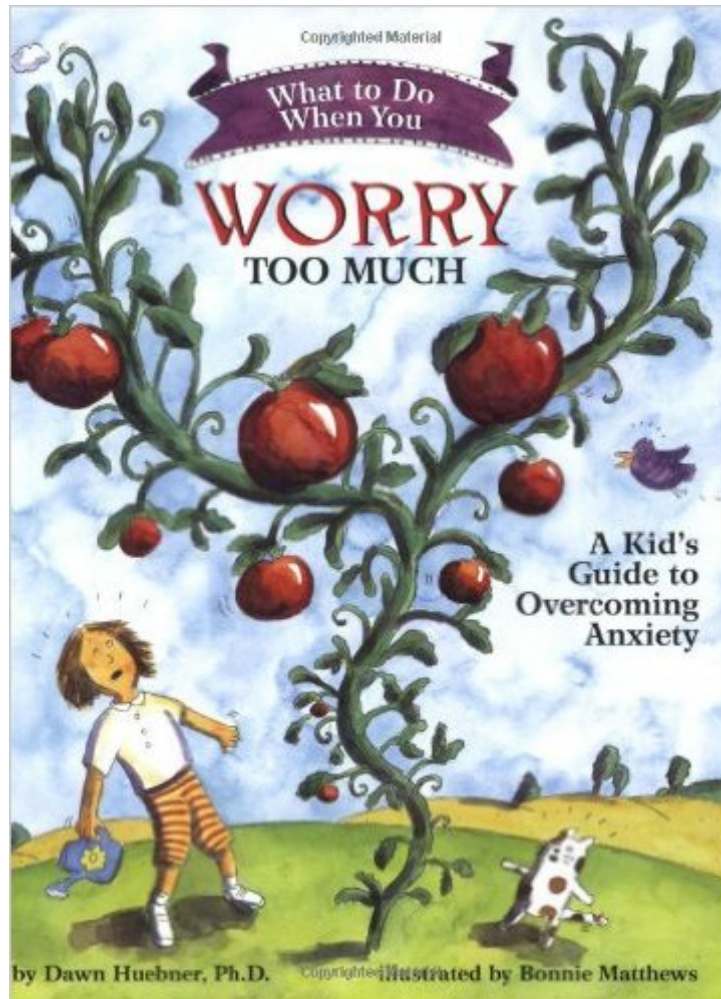


The book was found

# What To Do When You Worry Too Much: A Kid's Guide To Overcoming Anxiety (What To Do Guides For Kids)



## Synopsis

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

## Book Information

Series: What to Do Guides for Kids

Paperback: 80 pages

Publisher: Magination Press; 1 edition (September 15, 2005)

Language: English

ISBN-10: 1591473144

ISBN-13: 978-1591473145

Product Dimensions: 0.2 x 8.5 x 11 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (508 customer reviews)

Best Sellers Rank: #197 in Books (See Top 100 in Books) #3 in Â Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #3 in Â Books > Children's Books > Activities, Crafts & Games > Activity Books #5 in Â Books > Children's Books > Growing Up & Facts of Life > Health

Age Range: 8 - 12 years

Grade Level: 1 - 7

## Customer Reviews

When your child's anxiety overtakes and consumes their joy, you'd buy 200 books if they'd help your child to feel better. Don't buy 200 books... BUY THIS ONE for your child. My daughter is 9, but reads at 8th grade level, so I was a bit apprehensive about getting this book for her; fearing she'd think it was too baby-ish. Much to my surprise and delight, she loves the book! She says "I love the pictures. It's kind of funny and I like that it has activities to do. The book has good ideas about how to fix my worries." The book does have great kid-friendly concepts like: Worry Time and Worry Bully, with places to draw and write down thoughts. It not only addresses how worries can take over, but empowers kids to fight back and reassures them that when they do, the worries will get smaller and smaller, AND MOST IMPORTANTLY...LOSE THEIR POWER OVER YOUR CHILD. The book talks

about the positives of getting rid of worries, like giving kids more time to play with their friends instead of worrying. Simple concepts perhaps, but written in a way that kids relate. The concepts are ones that both kids and parents can easily remember and refer to, which also helps when the Worry Bully shows up unexpectedly. Other books that have helped my daughter: Worried No More Worried No More - Second Edition: Help and Hope for Anxious Children by Aureen Wagner, PHD (this is an excellent resource for Cognitive-Behavioral therapy support; workbook pages in the back...

Towards the end of Kindergarten, our happy easy going son began to fear he that I would forget him. I'd pick him up from school to find him in tears, and as summer came on, the anxiousness only got worse. Never being forgotten once, he suddenly had this unexplainable fear that I would. Reasoning with him didn't work, he'd get "stuck" on this fear. I bought several books, and this one has been great for the most part. Here are the reasons why: 1. Large, easy to read font, my almost first grader can follow along with while I read. 2. Interactive learning. There are sketch pages with the sections and my son loves to draw. 3. The analogy of a growing a tomato plant was great. My son grew some plants in Kindergarten and the knowledge of the life cycle of a plant and how to take care of it was fresh in his mind, so learning that your worries grow similarly when you water them and are attentive to them was a good way of approaching it. Now for the bone I must pick. The section in this book about "talking back to your worries" has a downfall. Other than this new separation anxiety he is having, he has only one other anxiety that he has had since he was a baby. Anything with a mean face frightens him. Every kid's movie with a bad character in it, he absolutely hates. He is sensitive to fighting, anger, pain- he doesn't like people (or cartoons even) to experience these at all. This section decides to give faces to the worries, mean ugly demonic/monster-like little creatures that sit on your shoulder. My son is literal. Extremely so. He was now sure that he had these little icky creatures pestering him and he became really anxious while we were reading it. I had to then do damage control, which was difficult.

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What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions)

Mindfulness for Teen Anxiety: A Workbook for Overcoming Anxiety at Home, at School, and Everywhere Else (Teen Instant Help) What to Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD (What-to-Do Guides for Kids) A Kid's Guide to Awesome Duct Tape Projects: How to Make Your Own Wallets, Bags, Flowers, Hats, and Much, Much More! The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) Children's Book: The Carrot, the Egg and the Tea Bag: (Moral Story for Kids on Overcoming Anxiety and Adversity) (Books about Perseverance Book 2) Worry Less, Live More: The Mindful Way through Anxiety Workbook The Mindful Way through Anxiety: Break Free from Chronic Worry and Reclaim Your Life Anxiety Relief: - Relax the Body- Calm the Mind- Manage Fear and Worry- Cultivate Positive Energy Stage Fright and Performance Anxiety: An Essential Guide to Staying Calm and Focused Under Pressure - ( How to Overcome Stage Fright and Performance Anxiety ) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Overcoming Postpartum Depression and Anxiety Yoga Mind, Peaceful Mind: Simple Meditations for Overcoming Anxiety Books For Kids: The Misadventures of Mischievous Missy (KIDS ADVENTURE BOOKS #9) (Kids Books, Children Books, Kids Stories, Kids Adventure, Kids Fantasy, Mystery, Series Books Kids Ages 4-6 6-8 9-12) Don't Know Much About History, Anniversary Edition: Everything You Need to Know About American History but Never Learned (Don't Know Much About Series) Kid's Guide to Washington, DC (Kid's Guides Series)

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