



# Anxiety-Free Kids: An Interactive Guide for Parents and Children

By Bonnie Zucker

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*Anxiety-Free Kids* offers parents strategies that help children become happy and worry free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy by integrating the parent in the child's self-help process.

Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less developed social skills, and to be more vulnerable to substance abuse. The author employs cognitive-behavioral therapy, the most empirically supported treatment of anxiety disorders, along with a family approach to build a supportive team to help kids with anxiety successfully overcome their worries.

Covering the six most commonly occurring anxiety disorders in childhood—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and their parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears.

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### **Editorial Review**

#### Review

Anxiety does not have to be a constant state. *Anxiety-Free Kids: An Interactive Guide for Parents and Children* is a parent's guide to dealing with their child's anxieties and phobias so that they can face them now before they develop into lifelong problems. Doubling as an advice guide for parents and an activity book for younger readers in dealing with their fears, *Anxiety-Free Kids* is a unique approach to childhood phobia [and is] highly recommended. --

—James A. Cox, Editor-in-Chief, *Midwest Book Review*

#### About the Author

Bonnie Zucker, Psy.D., is a licensed psychologist with an expertise in psychotherapy with children and adolescents. She received her doctoral degree in clinical psychology from Illinois School of Professional Psychology in Chicago and her master's degree in Applied Psychology from the University of Baltimore. Dr. Zucker specializes in the treatment of childhood anxiety disorders. Using a cognitive-behavioral (CBT) approach, she has helped hundreds of children become anxiety-free by teaching them coping skills, methods for challenging their faulty thinking, and how to systematically face their fears. Dr. Zucker also integrates a family systems approach in order to teach parents how to most appropriately respond to their child's anxiety disorder. Dr. Zucker is in private practice in Washington, DC, and Rockville, MD, and is active in training mental health professionals on the treatment of anxiety disorders.

### **Users Review**

#### **From reader reviews:**

##### **Christine Pena:**

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understand it useful in your day task. So , let's have it and enjoy reading.

**James McDonald:**

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**Maria Gray:**

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