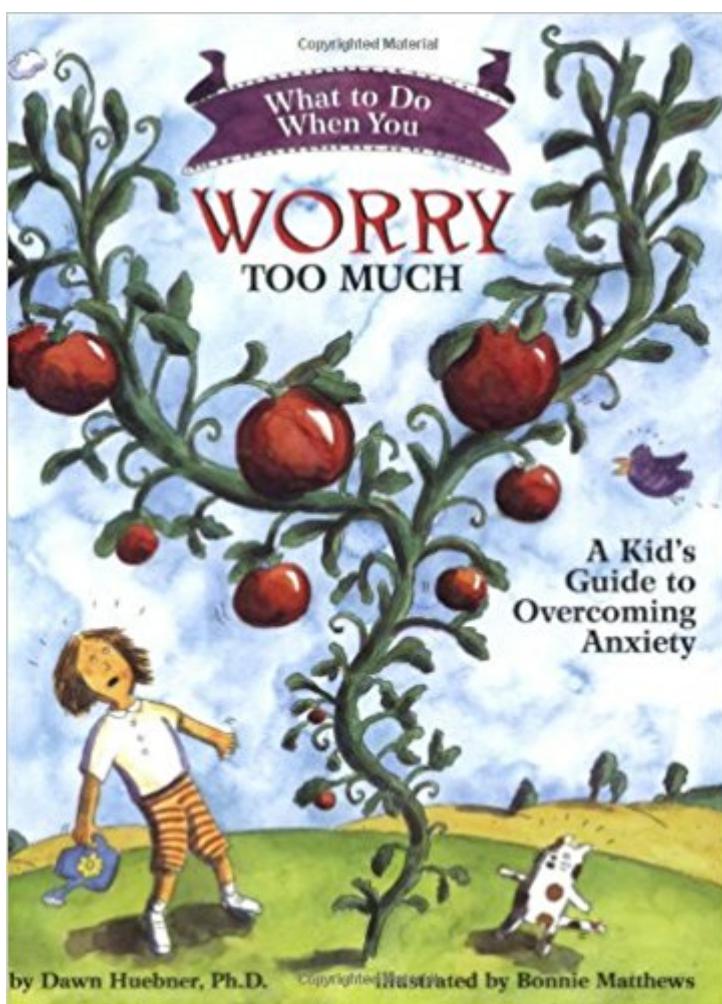


The book was found

# 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: 5 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars 651 customer reviews

Best Sellers Rank: #270 in Books (See Top 100 in Books) #7 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #7 in Books > Children's Books > Growing Up & Facts of Life > Health #9 in Books > Children's Books > Activities, Crafts & Games > Activity Books

Age Range: 8 - 12 years

Grade Level: 1 - 7

## **Customer Reviews**

"Dr. Dawn Huebner has created a completely accessible, easy-to-understand book to show worrying children a new way of life. Kids will breathe a sigh of relief to learn solutions that really work." --Tamar Chansky, PhD, Author of *Freeing Your Child from Anxiety* This book takes ideas that are overwhelming for a small child and presents them in manageable chunks. It is the first step to saying goodbye to anxiety! Portland Book Review The title says it all really, what to do when you worry too much. Huebner gently explains that worries are normal and all kids have them. She uses humorous illustrations and metaphors to explain that if your worries have grown so big that they get out of hand and bother you almost every day, you might need some extra help. --The Mental Health Foundation of New Zealand

Introduction to Parents and Caregivers - If you are the parent or caregiver of an anxious child, you know what it feels like to be held hostage. So does your child. Children who worry too much are held captive by their fears. They go to great lengths to avoid frightening situations, and ask the same anxiety-based questions over and over again. Yet the answers give them virtually no relief. Parents and caregivers find themselves spending huge amounts of time reassuring, coaxing, accommodating, and doing whatever else they can think of to minimize their child's distress. But it doesn't work. The anxiety remains in control. As you have undoubtedly discovered, simply telling an anxious child to stop worrying doesn't help at all. Nor does applying adult logic, or allowing your child to avoid feared situations, or offering reassurance every time the fears are expressed. Anxiety has a way of growing, spreading, shifting in form, and generally resisting efforts to talk it out of existence. But there is hope. *What to Do When You Worry Too Much* will teach you and your child a new and more successful way to think about and manage anxiety. The techniques described in this book will help your child take control.

Every kid should read this book. Not just one's that "worry". The specific techniques it teaches are brilliant. And, it's not just good for kids. It's the same skills adults need. After reading this book to my daughter, I still use the "15 minutes to worry in the morning" trick and it really has helped. She is in 1st grade (age 7) and this has been truly wonderful. We bought three (worry, grumble, and anger) and loved all of them. I can't pick one over the other and now my daughter wants the one on bad habits. She doesn't even have any bad habits but I am going to get it because I am sure it's going to help... her, and me. :-) At our house we have "library" quality books which means it's a great story but we don't need to own it in our home. And then we have "purchase" books for things we want to go back to over and over. This is an "own it" book. Was this review useful? If so, please press "yes" so I can get your feedback. Thank you

Absolutely the best thing for my 6 year old daughter suffering from PTSD after a major accident. I never thought she would be independent again and this book gave her the language and knowledge she needed to fight her worry bullies.

Well written book, enjoyed reading.

I'm a mental health counselor- book has been helpful using with kids with anxiety. Is a bit long for

kids with short attention spans but is broken up in to chapters which makes doing portions during separate sessions easy.

This book came highly recommended and it worked wonders for my oldest child with ways to help her control her anxiety both at home and at school.

I have an anxious who has been through a lot in the last year. She isn't a huge fan of reading, but SHE LOVES this book. It's very easy reading and interactive too. She gets to draw out her feelings and talk about the things that make her happy. Very good book and have referred it to many people and even her counselor.

This book was very helpful in giving me and my 7 year old daughter some tools to use to deal with keeping her worry in check. She gets very anxious about things and I didn't realize that some of my responses were making things worse. The book does a good job of putting the concepts into terms both child and parent can understand. I use the terms and examples from the book often when we are dealing with a worry that is getting overwhelming. I had already ordered this book when we made a Dr. appt to discuss this issue. This is the exact book the pediatrician recommended as a starting point.

Helpful

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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) What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity (What to Do Guides for Kids) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) "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 Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry 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 (Instant Help Solutions) The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Worry Glasses: Overcoming Anxiety The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks Outsmarting Worry: An Older Kid's Guide to Managing Anxiety CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Worry Cure: Seven Steps to Stop Worry from Stopping You What to Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems With Sleep (What to Do Guides for Kids) Thriving With Social Anxiety: Daily Strategies for Overcoming Anxiety and Building Self-Confidence

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