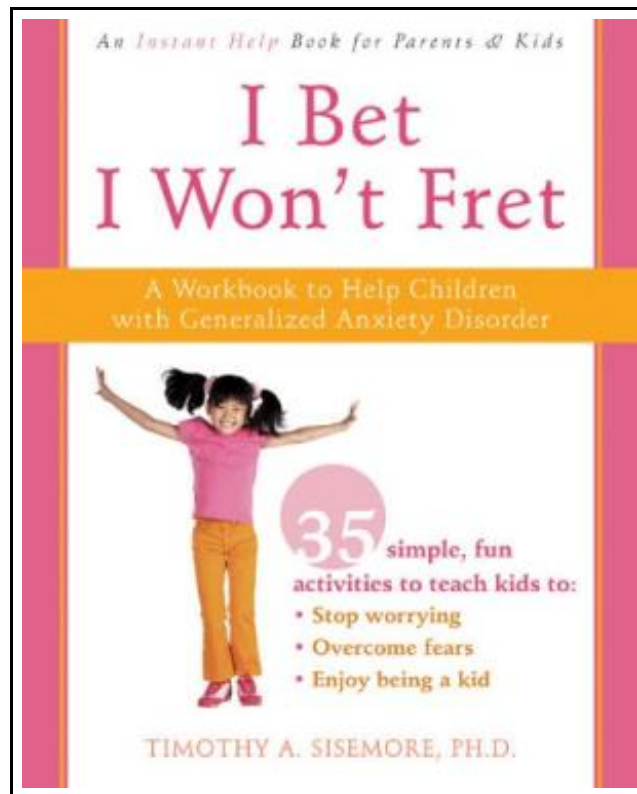


I Bet I Won t Fret: A Workbook to Help Children with Generalized Anxiety Disorder



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Reviews

A whole new eBook with a brand new point of view. It is definitely simplistic but shocks in the 50 percent of the publication. I am just pleased to explain how this is the greatest ebook i have read during my very own daily life and could be he best ebook for possibly.
(Mitchell Kuhn III)

I BET I WON T FRET: A WORKBOOK TO HELP CHILDREN WITH GENERALIZED ANXIETY DISORDER



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New Harbinger Publications, United States, 2008. Paperback. Book Condition: New. 2nd Revised edition. 251 x 198 mm. Language: English . Brand New Book. We like to think of childhood as a carefree time, but for the many children with anxiety disorders it s anything but. Generalized anxiety disorder (GAD) is one of the most common anxiety disorders in children. It causes intense worry and anxiety that can disrupt emotional, academic, and social development. The good news is that GAD is highly treatable and children can be taught to manage and even overcome it. Child psychologist Timothy Sisemore specializes in helping anxious children and in **I Bet I Won t Fret** he gives kids fun and engaging exercises to help them relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. These activities can be done on their own or as part of a therapy program, and are appropriate for kids between the ages of six and twelve.



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