



# **The Anxiety Cure for Kids: A Guide for Parents and Children (Second Edition)**

*Elizabeth DuPont Spencer, Robert L. DuPont, Caroline M. DuPont*

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## **The up-to-date, practical guide for helping your child deal with anxiety**

Fear, worry, stomach pains, self-doubt—these are classic symptoms of anxiety in children. Using kid-friendly concepts and real-life examples, this reassuring guide helps adults and children understand the powerful ways in which anxiety works and how to overcome its negative effects. This revised edition includes all-new chapters on food phobia; the relationship between anxiety and other illnesses and problems such as ADHD, depression, and autism; and anxiety in teens.

The lessons in *The Anxiety Cure for Kids* have helped many children break free from anxiety. By making changes little by little, any child with anxiety can get well and stay well.

- Provides up-to-date, practical guidance for helping both younger children and teenagers deal with anxiety issues
- Shows how to recognize the symptoms of anxiety, evaluate a child's need for medication and/or therapy, assess the role of the family in anxiety disorders, and take concrete steps to find solutions
- Explains how to communicate effectively with your child, help him or her confront fear, and boost your child's feelings of accomplishment and self-esteem
- Addresses a range of anxiety disorders, such as food phobia and anxieties about terrorism, as well as the relationship between anxiety and other illnesses
- Also includes advice that can be used by teachers, coaches, doctors, therapists, school nurses, and others who work with anxious kids

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