



Your Anxious Child : How Parents and Teachers Can Relieve Anxiety in Children

John S. Dacey

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Katie freezes when she's asked to perform. Jose is a clinger. Damian is terrified of animals. Felicia always worries that she's going to make a mistake. It's hard being the parent of an anxious child, watching your son's frustration grow, or seeing how your daughter tries to cope with her fears but gives up so quickly. Filled with solid information, a proven four-step program, dozens of engaging activities, and insightful personal vignettes, *Your Anxious Child* gives you easy, fun, and highly effective tools to help your child become a creative problem solver. Parents and teachers alike will find excellent strategies in this essential guide.

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