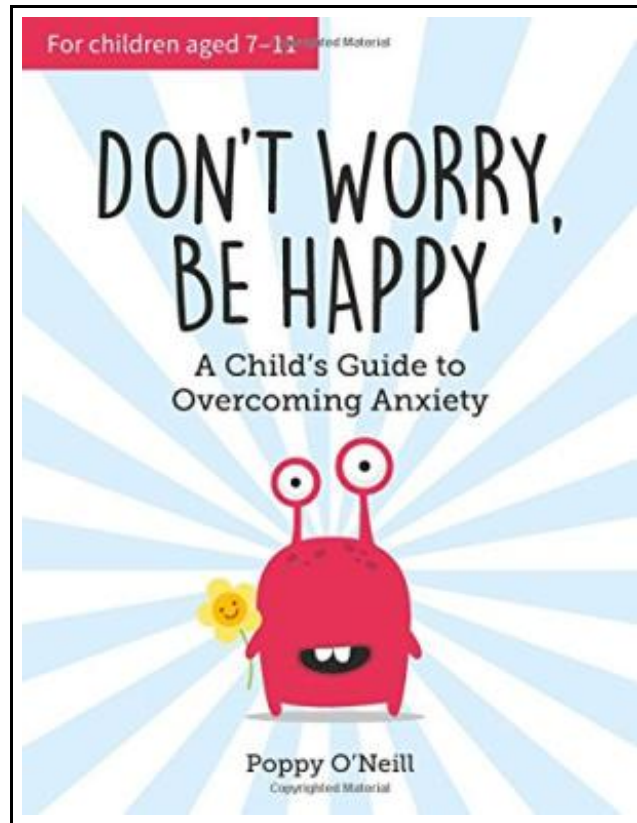


## Don t Worry, Be Happy: A Child s Guide to Overcoming Anxiety (Paperback)



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## **DON T WORRY, BE HAPPY: A CHILD S GUIDE TO OVERCOMING ANXIETY (PAPERBACK)**



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Summersdale Publishers, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. Does your child appear to worry a lot? Perhaps they have frequent tummy upsets, or are irritable, tearful, angry or withdrawn? Do they have problems concentrating or show a loss of enthusiasm for their usual interests? These could all be signs that your child is struggling with anxiety. This practical guide combines proven cognitive-behavioural therapy methods used by child psychologists in schools with simple activities to help your child to overcome anxiety. It s aimed at children aged 7-11 because a lot happens in these years that can impact a child s emotional well-being, not just now but for years to come. Your child will be guided, with the help of Fiz - a friendly and supportive character they can identify with - through fun and engaging activities which are interspersed with useful tips, inspirational statements and practical information for parents.

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