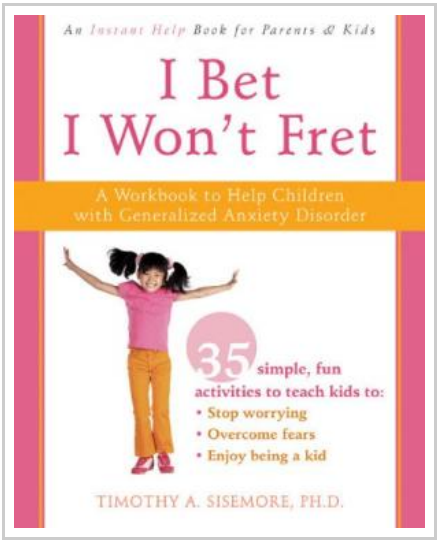


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I Bet I Won t Fret: A Workbook to Help Children with Generalized Anxiety Disorder

By Timothy Sisemore

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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Reviews

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