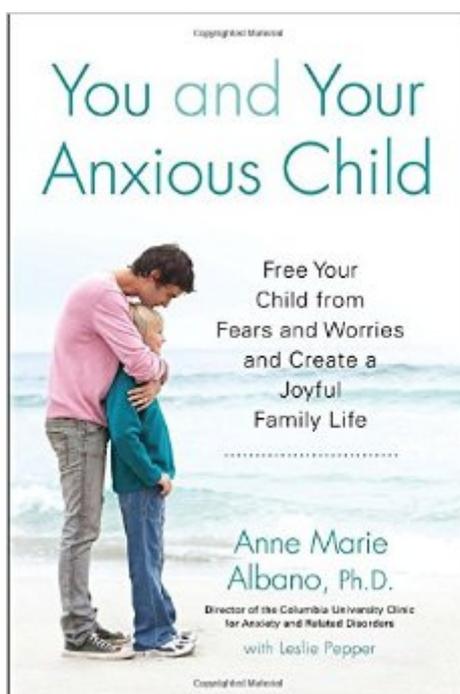


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# You And Your Anxious Child: Free Your Child From Fears And Worries And Create A Joyful Family Life (Lynn Sonberg Book)



## Synopsis

One of the world's foremost experts on anxiety in children provides a guide to recognizing and alleviating a range of debilitating fears. Anxiety affects more children and teens than any other psychiatric illness, but it's also the most treatable emotional disorder. Some 25 percent of children and adolescents will suffer an anxiety disorder at several points in their lifetime, resulting in serious problems in their ability to function in school, with peers, and on a general day-to-day basis. A renowned researcher and clinician who has developed groundbreaking, proven coping strategies illuminates a new path to fear-free living for families. *You and Your Anxious Child* differentiates between separation anxiety, generalized anxiety, and social phobia, and guides parents on when and how to seek intervention. With moving case studies, such as Jon's, whose mother quit her job because his separation anxiety compelled her to stay with him full-time, this book elucidates the nightmare that families can be living, and helps them understand that they are not alone. Every step of the way, Albano illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents, too. *You and Your Anxious Child* brings much-needed hope to families, helping them shape a positive new vision of the future.

## Book Information

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## Customer Reviews

*You and Your Anxious Child* by Dr. Anne Marie Albano is a book that manages to achieve what it sets out to do: allow parents to learn the skills and strategies needed to help their anxious child and

live more fulfilling lives. Many people shy away from books written by members of the academia because they have the (sometimes fair enough) expectation that the language of the work would be far too technical for the layperson. However, *You and Your Anxious Child* does not fall into this category. With her engaging, conversational, down-to-earth approach, Dr. Albano offers parents a step-by-step manual on how to cope with their children's anxiety. It reads as if Dr. Albano herself were there with you. *You and Your Anxious Child* uses a scaffolding approach: Dr. Albano helps you understand what is genuine anxiety and how it differs from expected behavior according to age, shows you how to recognize the symptoms and when they are cause for concern through examples and guided questions, and teaches you the skills and strategies that have been proven most effective in the treatment of the most common anxiety disorders in children. Grounded on solid research, Dr. Albano offers a step-by-step Cognitive Behavioral Therapy action plan to treat these anxiety disorders, empowering not only the parent, but the patient, with knowledge, making the condition less daunting and more manageable, allowing both parent and patient partnership in the process. The book allows parents to recognize when outside expert help is needed, and when (and most importantly if) medication therapy in conjunction with CBT would be the right approach for some patients. From dealing with separation anxiety to social phobia in children, *You and Your Anxious Child*, is a valuable tool not only for parents but also for educators.

My son and I would have greatly benefitted from this book years ago when he showed anxiety in certain situations but am glad to have it in my personal library now for use with my grandchildren and for myself. This easy to read book would benefit anyone of any age who has had anxiety issues, and who hasn't, at some stage of their life? The author mentions a few of her own personal, anxious anecdotes from her childhood that made her seem real and down to earth. The techniques in the book are easy to understand and implement immediately into practice. I feel this book should, at the very least be in the office of every schools' guidance counselor and at best, in every teachers' classroom to use with their students, when needed and to share with their parents. I've suggested this book to others and will continue to do so.

This book combines state-of-the-art evidence-based treatment with a down-to-earth, realistic view of family life. Dr. Albano is the expert who knows her stuff and shares it in an easy-to-understand, non-blaming way. Her warm and humorous approach to working with kids is the spoonful of sugar that makes the anxiety treatment medicine go down!

Best up to date book for parents with a highly anxious child. Parents too can and do play a part in both your child's anxiety, and their learning new skills. Avoidance of stressors leads to more anxiety, as parents we are clearly guilty of allowing this mistake all too often. The author and successful therapist, Anne Marie Albano, teaches readers and children about the benefits of cognitive behavioral therapy. This is not voodoo or psychobabble. These successful techniques have years of medical research and now utilized around the world. The best thing you may ever do for your child is to learn about and control your own stress reactions which often coincide with your child's struggles. As a parent of a highly anxious child, I Highly Recommend reading this book!

Very helpful in how to deal with my 10 year old's anxiety and my own. Highly Recommend it. Helpful and informative.

It took me a while to read this book. Why? Because, while I was in the middle of it, my friend expressed to me some concerns about her child. I then loaned it to her. She found it helpful and loaned it to her sister in law. They both found the information helpful. When I finally got it back, I began reading again. I wish I had had this practical advice years ago. My anxious child is now almost 19 and I think it would have been very helpful. I have now given her my copy so that she can have it as a resource. The writing is accessible. The cases are touching. This is a useful tool to have in your library.

This book provided hopeful, practical, and tangible advice for parents of children with various types of anxiety. It is informative and educational for those completely unfamiliar with anxiety in children. I came to the book feeling fearful and distraught about my daughter's symptoms of anxiety (generalized anxiety disorder). I came away from the book tremendously encouraged and armed with tools to help her. Literally within a DAY of putting some of these tools into practice, my husband and I saw a dramatic change in her. This book provides hope that when caught early, you can help your child through anxiety using Cognitive Behavioral Therapy at home, and often counselors and medications are never needed. However, she also provides hope for parents of children with more severe anxiety, where counseling and/or medications are needed. Whichever place your child is in, get this book and be encouraged by it.

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