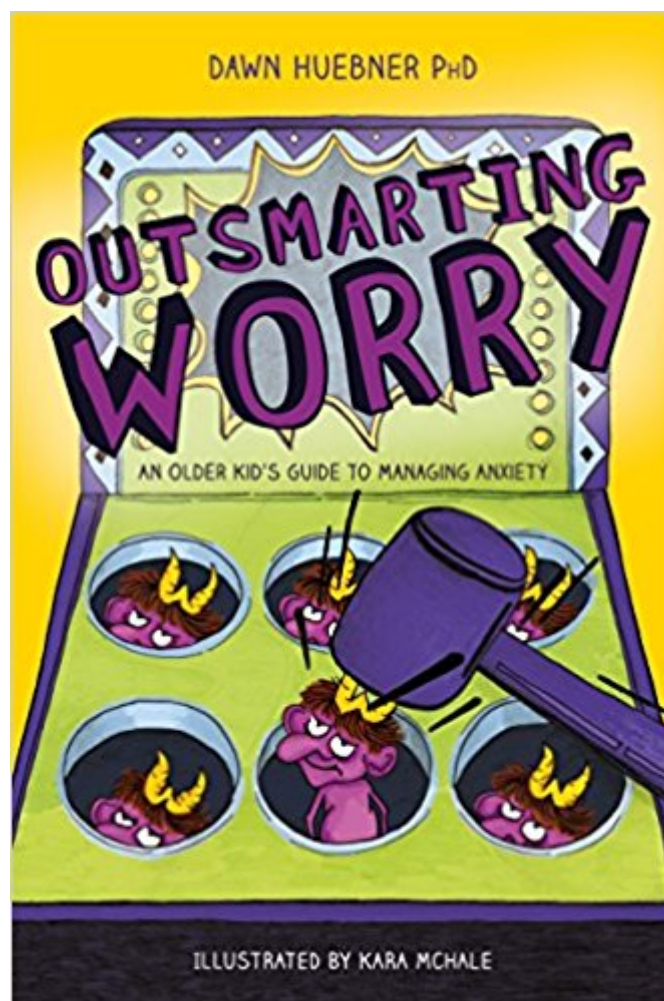


The book was found

Outsmarting Worry: An Older Kid's Guide To Managing Anxiety



Synopsis

Worry has a way of growing, shifting from not-a-big-deal to a VERY BIG DEAL in the blink of an eye. This big-deal Worry is tricky, luring children into behaviours that keep the anxiety cycle going. Children often find it hard to fight back against Worry, but not anymore. Outsmarting Worry teaches 9-13 year olds and the adults who care about them a specific set of skills that makes it easier to face - and overcome - worries and fears. Smart, practical, proven techniques are presented in language immediately accessible to children with an emphasis on shifting from knowing to doing, from worried to happy and free.

Book Information

Paperback: 136 pages

Publisher: Jessica Kingsley Publishers (October 19, 2017)

Language: English

ISBN-10: 1785927825

ISBN-13: 978-1785927829

Product Dimensions: 6 x 0.4 x 9 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: Be the first to review this item

Best Sellers Rank: #38,863 in Books (See Top 100 in Books) #6 in [Books > Teens > Social Issues > Special Needs](#) #178 in [Books > Education & Teaching > Schools & Teaching > Special Education](#) #747 in [Books > Parenting & Relationships > Parenting](#)

Customer Reviews

When children worry, their attempts to feel safe and comfortable only make worry more powerful. Helping anxious children understand and embrace this concept is no small feat. Dawn Huebner's latest book gets the job done, unmasking worry and showing kids-with clarity and playful encouragement-how to put worry in its rightful place. -- Lynn Lyons, LICSW, coauthor of *Anxious Kids*, *Anxious Parents* and *Playing with Anxiety: Casey's Guide for Teens and Kids* Outsmarting Worry is a playful and empowering approach to helping kids through their anxiety. -- Chris Willard, MD (author of *Growing Up Mindful*, and other books) Engaging with relatable examples, this book will empower children and their families to Outsmart Worry! An immediate conversation and action starter that helps develop skills and tools when worry gets in the way. -- Mary K. Alvord, Ph.D., psychologist and co-author of *Conquer Negative Thinking for Teens*, and *Resilience Builder Program for Children and Adolescents*

Tried and tested strategies from a best-selling author to help 9-13 year olds tackle their worries and fears

[Download to continue reading...](#)

Outsmarting Worry: An Older Kid's Guide to Managing Anxiety Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ (Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers) "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The Worry Trap: How to Free Yourself from Worry & Anxiety using Acceptance and Commitment Therapy The Worry Workbook for Teens: Effective CBT Strategies to Break the Cycle of Chronic Worry and Anxiety The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms (A New Harbinger Self-Help Workbook) The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions Anxiety: Rewire Your Brain Using Neuroscience to Beat Anxiety, Fear, Worry, Shyness and Panic Attacks The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) 101 Ways to Conquer Teen Anxiety: Simple Tips, Techniques and Strategies for Overcoming Anxiety, Worry and Panic Attacks What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) CBT Worksheets for Teenage Social Anxiety: A CBT workbook to help you record your progress using CBT for social anxiety. This workbook is full of ... CBT therapy and CBT books on social anxiety. The Worry Cure: Seven Steps to Stop Worry from Stopping You Binding the Spirit of Fear, Worry and Depression: Divine Revelations and Powerful Prayers to Bind and Cast Out Fear, Worry, Depression & Panick Attacks from Your Life Permanently Easter Kid's Audio Bible-Free Easter DVD a 2nd Free Audio Bible on MP3-Bible Stories for Kid's-Bible Stories for Children with 103 Kid's ... Home School Curriculum 15 Audio CDs-1MP3-1DVD The Anxiety Survival Guide for Teens: CBT Skills to Overcome Fear, Worry, and Panic (The Instant Help Solutions Series) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)