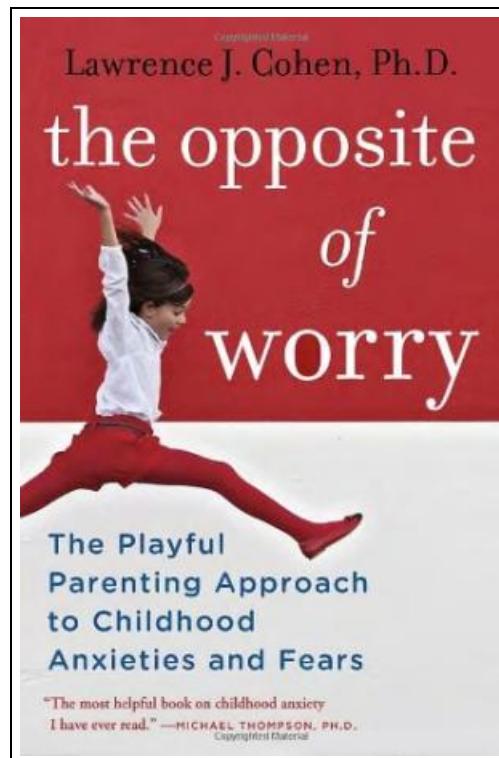


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Random House USA Inc, United States, 2013. Paperback. Book Condition: New. 200 x 130 mm. Language: English . Brand New Book. The most helpful book on childhood anxiety I have ever read. --Michael Thompson, Ph.D. Whether it s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents - start from a place of warmth, compassion, and understanding - teach children the basics of the body s security system alert, alarm, assessment, and all clear. - promote tolerance of uncertainty and discomfort by finding the balance between outright avoidance and white-knuckling through a fear - find lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale - tackle their own anxieties so they can stay calm when a child is distressed - bring children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* *The Opposite of Worry* is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions. -- New England Psychologist Good advice for parents making daily calls to the pediatrician

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