



Scaredies Away! a Kid s Guide to Overcoming Worry and Anxiety (Made Simple) (Paperback)

By Stacy Florile

Bmd Publishing Ltd, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. This wonderful book is a must for all parents to help their children to normalize the symptoms of anxiety. What a gift to give to our children. Dr. Harry Barry (MD, author and mental health advocate) Scaredies Away: A Kid s Guide to Overcoming Worry Anxiety (made simple) is a breath of fresh air and a sigh of relief for confused parents who are overwhelmed by the complicated books out there that are dull, boring and very confusing. This engaging interactive self-help book will finally provide you and your child the relief you have been looking for. The ONE technique (instead of 20 outdated techniques!) found only in Scaredies Away is a cognitive-behavioral technique most often used to treat anxiety. Scaredies Away truly has it all- a fun-filled fiction story with brilliant colorful illustrations to keep your child engaged- not bored, a phenomenal parent information and guidance section which is an integral part of the book, a colorful and fun goal sheet and a FREE code to download the book on audio for a soothing evening listen or read along! The reviews are...



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