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Freeing Your Child From Negative

Now, in the first book that specifically focuses on negative thinking in kids, Freeing Your Child from Negative Thinking provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children’s negative attitudes, as well as providing multiple strategies for managing negative ...

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Freeing Your Child from Negative Thinking: Powerful ...

In Freeing Your Child from Negative Thinking, Dr. Chansky provides parents, caregivers, and clinicians with clear, concise, and compassionate guidance in equipping children and teens to overcome negativity. She thoroughly covers the underlying causes of children's negative attitudes and provides multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

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Freeing Your Child from Negative Thinking: Powerful ...

Freeing Your Child from Negative Thinking (Second edition) : Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness. If unaddressed at the early stages, negative thinking can become the gateway to depression and more serious mental health issues.Habitual negative thinking creates chronic or occasional ...

Freeing Your Child from Negative Thinking (Second edition ...

In the book Freeing Your Child From Negative Thinking: Powerful Practical Strategies to Build a Lifetime of Resilience, Flexibility and Happiness , child psychologist Tamar E. Chansky, Ph.D, writes...

3 Handy Ways to Help Your Child Overcome Negative Thinking

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Freeing your child from negative thinking - Tamar E ...

Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness. A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness.

Freeing Your Child from Negative Thinking: Powerful ...

With practical tools for parents to guide their children through these challenges, Freeing Your Child from Negative Thinking is the handbook all parents need to help their children cultivate emotional resilience"-- Provided by publisher. Freeing your Child From Negative Thinking Powerful, Practical Strategies to Build A Lifetime of Resilience, Flexibility, and Happiness From Toddlers to Teens (Paperback) : Chansky, Tamar E.

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From a leading clinical expert in the fields of child cognitive and behavior disorders, a new edition that addresses social media, bullying, suicide, and other challenges children and parents face today If unaddressed at the early stages, negative thinking can become the gateway to depression and more serious mental health issues. Habitual negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Being constantly being overloaded with information from friends, classmates, teachers, parents, and the internet, children need tools and strategies for redirecting negative thoughts when they come. In Freeing Your Child from Negative Thinking, Dr. Chansky provides parents, caregivers, and clinicians with clear, concise, and compassionate guidance in equipping children and teens to overcome negativity. She thoroughly covers the underlying causes of children's negative attitudes and provides multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience. Now, in this revised and updated edition, Dr. Chansky addresses the complex challenges that come with raising kids in a digital age--from navigating social media use to cyber bullying, as well as the grim reality of increased school shootings and suicides. This new edition also includes an expanded section on depression, the importance of healthy sleep, and the parent's role in their children's digital lives. With practical tools for parents to guide their children through these challenges, Freeing Your Child from Negative Thinking is the handbook all parents need to help their children cultivate emotional resilience.

Newly revised and updated, an authoritative resource written by a prominent childhood-anxiety expert guides parents through a proven program that will help their children overcome their fears, worries and anxieties to lead happier, healthier lives. Original.

Analyzes the underlying causes of children's negative attitudes and provides strategies to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience.

Written by an expert in the field of childhood anxiety disorders, this indispensable guide provides parents with safe, proven methods for reducing childhood anxiety.

A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Now, in the first book that specifically focuses on negative thinking in kids, *Freeing Your Child from Negative Thinking* provides parents, caregivers, and clinicians the same clear, concise, and compassionate guidance that Dr. Chansky employed in her previous guides to relieving children from anxiety and obsessive compulsive symptoms. Here she thoroughly covers the underlying causes of children's negative attitudes, as well as providing multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience.

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

Encourages readers to tap innate wisdom about negative emotional habits while offering counsel from a less-conventional perspective involving "possible" thinking, outlining step-by-step strategies for minimizing daily stress and avoiding unrealistic perfectionist standards. Original.

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice "detective thinking" to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

The twentieth anniversary edition of the best-selling parenting guide includes updated information as well as the practical, sensible advice that made the book a classic to begin with. Original. 44,000 first printing.

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