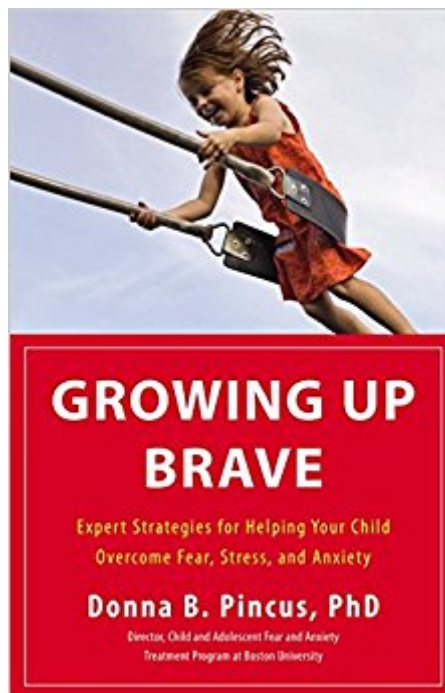




The book was found

Growing Up Brave: Expert Strategies For Helping Your Child Overcome Fear, Stress, And Anxiety



Synopsis

When our children are born, we do everything we can to make sure they have love, food, clothing, and shelter. But despite all this, one in five children today suffers from a diagnosed anxiety disorder, and countless others suffer from anxiety that interferes with critical social, academic, and physical development. Dr. Donna Pincus, nationally recognized childhood anxiety expert, is here to help. In *Growing Up Brave*, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, *Growing Up Brave* provides an essential toolkit for instilling happiness and confidence for childhood and beyond.

Book Information

Hardcover: 288 pages

Publisher: Little, Brown and Company; 1 edition (August 28, 2012)

Language: English

ISBN-10: 0316125601

ISBN-13: 978-0316125604

Product Dimensions: 6.5 x 1 x 9.5 inches

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

Average Customer Review: 4.9 out of 5 stars 37 customer reviews

Best Sellers Rank: #106,983 in Books (See Top 100 in Books) #126 in [Books > Self-Help > Anxiety & Phobias](#) #184 in [Books > Self-Help > Emotions](#) #396 in [Books > Self-Help > Stress Management](#)

Customer Reviews

"A step-by-step guide to help their children deal with the ever encroaching stress and fears that our disconnected world is creating. Dr. Pincus empowers parents to use simple, scientifically established techniques to guide the development of competent and confident children. *Growing Up Brave* should be on every parent's bookshelf, especially parents whose children show signs of oversensitivity to everyday life, anxiety, and fearfulness." — John J. Ratey, MD, author of *Spark*

"Pediatricians and parents are concerned about the increasing use of anti-anxiety prescription drugs for children. *Growing Up Brave* gives children stress-busting skills so they will need less pills. I highly recommend it!" — William Sears, MD, coauthor of *The Successful Child*

Dr. Donna Pincus is the Director of the Child and Adolescent Fear and Anxiety Treatment Program at Boston University. She has appeared on The Today Show, Good Morning America, 20/20, and more. Her work has appeared in The Huffington Post, Psychology Today, Boston Globe Sunday Magazine, and more. She lives outside Boston, MA.

I have enjoyed this book both as a therapist and a parent in assisting children with anxiety. It offers excellent explanations and creative ideas for helping all aged children working through their fears as well as supporting parents along the way. I particularly appreciate the emphasis on one-on-one time between parents and their children as relationship builders and strategies for overcoming challenging bedtime struggles.

A slow start but about half way through the strategies and techniques are presented. Useful suggestions.

I have a child with a terrible inferiority complex at the age of 9. I have learned how to understand my child, and help her deal with her problems and situations by using the examples in this book. Great book, buy it.

This book seems to capture our experience with an anxious child very well. I have found the suggestions to be very helpful and I very glad I got this book!

This book was wonderful. I knew my child was reserved and fearful, but this book clearly painted a picture of how deep anxiety can be, and provided tools to help both parents and children. Highly recommend this for everyone!

I heard the author interviewed and was intrigued. I thought my child was growing out of his anxiety but had recommended the book to a friend. a few months later when faced with another episode of anxiety with my child. I read the book and found so much help in it! It gave me practical and realistic tools. Great information!

Inspiring techniques that actually work to help my child!The lady is really competent in her discipline.This was a very helpful read.

I'm a Guidance Counselor in a elementary school. This book was enlightening. I recommend it

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Obsessions, and Compulsions CBT Worksheets for Teenage Social Anxiety: A CBT workbook to
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