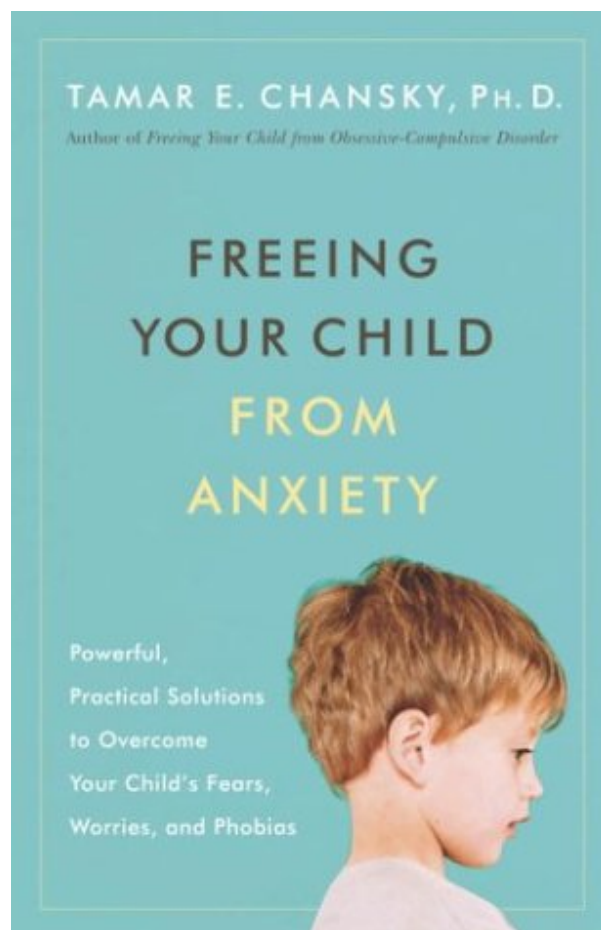


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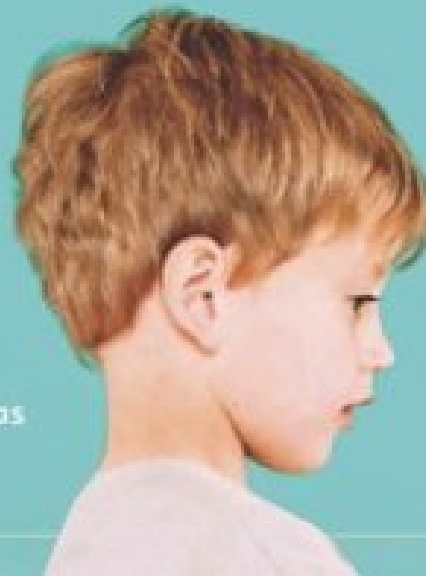


TAMAR E. CHANSKY, PH. D.

Author of Freeing Your Child from Obsessive-Compulsive Disorder

FREEING
YOUR CHILD
FROM
ANXIETY

Powerful,
Practical Solutions
to Overcome
Your Child's Fears,
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Review

"...the master of providing clear, accessible, practical advice and guidance for wise and loving care of the anxious child." -- Jeffrey M. Schwartz, M.D. author of Dear Patrick: Letters to a Young Man, Brain Lock, and The Mind & The Brain

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Most helpful customer reviews

5 of 5 people found the following review helpful.

A monumental step in moving forward

By kb

This was an informative book. Though we didn't heed everything, it gave us a better foundation for approaching our young child and help. It is perplexing when a young child naturally has anxiety. When their environment is secure, fun, loving, patient, and finding the source of stress or trouble leaves you baffled, what do you do, when you don't understand? I would have primarily guessed anxiety was self imposed stressors that become unbearable, or a reaction to traumatizing situations. This book was very helpful explaining the worried mind and steps to reduce propensity for anxiousness.

3 of 3 people found the following review helpful.

Well written, Extraordinarily Helpful!

By Lisa Barone

I must add my praise for this book. I discovered it when I was desperately looking for answers as to how to deal with my son's angst. He was in 2nd grade then. And we knew he was a worrier all along but he didn't fit the many diagnoses out there - and we were just trying to cope on our own. As I turned page after page, I alternated from feelings of, "that's him!" to "oh, that's not him!" -- both feelings offered relief and a belief that we could all get through this and we could help him... And that there were people out there who could understand what we were going through. After reading it, I first sought out Dr. Chansky and then found a behavioral program in sync with her outlook at Temple University's Child & Adolescent Anxiety Center in Philadelphia. Ten years later, we still all put into practice the coping tools. I don't have anxiety but we came to see a milder form in our other child and saw it in our family as well. I am so grateful to this book for setting us on the path first to understanding and then managing anxiety.

2 of 2 people found the following review helpful.

Increases parental and personal awareness

By Tony

When my wife picked up this book, it was to assist us in understanding our daughter's obvious anxiety and the symptoms thereof. Not only did this book open our eyes to practices and helpful habits to teach our child, it opened my eyes to my own anxieties and what may have caused them since childhood. I recommend it in grand measure.

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