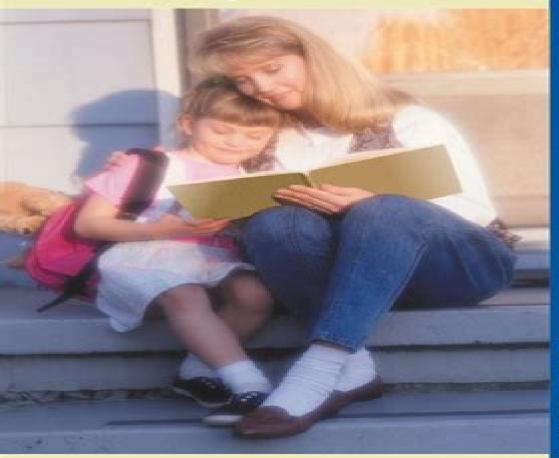
A FAMILY GUIDE

Seven Steps To Help Your Child Worry Less



Learn Effective Strategies to Help Your Child Communicate Worries

Help Your Child Face Worries

Develop a Plan With Your Child to Manage Worry, Fear, and Anxiety

Learn Ways to Improve Your Child's Self-Esteem and Build Resilience

SAM GOLDSTEIN, PH.D. KRISTY HAGAR, PH.D. ROBERT BROOKS, PH.D.

Foreword by Edward Hallowell, M.D. Author of Driven to Distraction

Seven Steps To Help Your Child Worry Leb A Family Guide

Rachel Sandford

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