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From a leading clinical expert in the fields

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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

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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

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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.

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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

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Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from

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bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize

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Thinking there is a real problem and how to deal with it when there is. In *Freeing Your Child From Anxiety*, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you

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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



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Her Out!" That's the annoying little voice  
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step. If you are reading this, then you have probably heard that voice before. It's always there at the most crucial moments. It's always there to sabotage your chances of finding success. But you managed to silence it. Now It's Your Turn To Help Your Kids Counter Negative These Negative Thoughts & Show Them How to

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protect your child from the monster of insecurity and help promote inner strength and self-confidence for kids. If you are looking for simple and easy strategies that will allow your child to overcome adversity, look no further. This comprehensive parenting skills book on countering negative thoughts will help you



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Unfortunately, the most important voice, the one in our hearts, is often forgotten in the crossfire. The voice in our hearts leads us towards joy and fulfillment, although it may not always make sense to our rational minds. These three voices create a big confusing stew of thoughts and emotions. This book helps children to understand

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Thinking in a simple way. It also encourages them to have the courage to let their hearts lead. This book is a great foundation for a child's personal development and positive messaging.

If you're a parent of one of the more than one million children in this country with

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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

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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

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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



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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

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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

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comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to

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are also available online Written by authors closely associated with the development of schema therapy and the schema mode approach

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