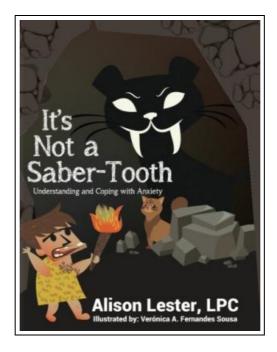
It s Not a Saber-Tooth: Understanding and Coping with Anxiety: It s Not a Saber-Tooth: Understanding and Coping with Anxiety (Paperback)



Filesize: 2.57 MB

Reviews

This kind of publication is every little thing and taught me to looking ahead of time and a lot more. It is packed with wisdom and knowledge Once you begin to read the book, it is extremely difficult to leave it before concluding.

(Ida Herman)

IT S NOT A SABER-TOOTH: UNDERSTANDING AND COPING WITH ANXIETY: IT S NOT A SABER-TOOTH: UNDERSTANDING AND COPING WITH ANXIETY (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Veronica a Fernandez Sousa (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Are your worries and fears getting way too big? Is your anxiety getting in the way of doing the things you want? Do you feel hopeless to take control of your worries? If you do, you re not alone. Anxiety is a problem people have been facing since the age of cavemen! If you re looking for a way to understand what is going on in your body and mind so you can take charge of that worry, then you ve come to the right place! A psychotherapist, and self-proclaimed anxiety sufferer, Alison Lester shares her personal and professional wisdom in It s Not a Saber Tooth: Understanding and Coping with Anxiety. Through metaphors, characters, and humor, she provides a child-friendly way to understand the science of anxiety and how we can work with our bodies and minds to create lasting change. In these pages you Il learn: How our natural survival instinct can contribute to anxiety What we can do to get better at tolerating the distress of anxiety How to create change in both our minds and bodies to reduce anxiety This workbook is a tool designed for children and parents to work together at changing their experience with anxiety. Alison combines various techniques including ideas based in Cognitive Behavioral Therapy (CBT) and Mindfulness Based Stress Reduction (MBSR), two of the most widely used methods of treating anxiety in children and adolescents. The methods presented here are focused at doing more than just masking anxiety or treating symptoms; the goal is to create deep, internal, long-lasting change at the core of our children s lives. If you are looking for REAL change, this...

Read It's Not a Saber-Tooth: Understanding and Coping with Anxiety: It's Not a Saber-Tooth: Understanding and Coping with Anxiety (Paperback) Online

Download PDF It's Not a Saber-Tooth: Understanding and Coping with Anxiety: It's Not a Saber-Tooth: Understanding and Coping with Anxiety (Paperback)

Related Books



Daycare Seen Through a Teacher's Eyes: A Guide for Teachers and Parents

America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book *****
Print on Demand *****. Between the good mornings and the good nights it s what...

Save eBook »



Depression: Cognitive Behaviour Therapy with Children and Young People

Taylor Francis Ltd, United Kingdom, 2009. Paperback. Book Condition: New. 242 x 174 mm. Language: English . Brand New Book. In recent years there has been an increase in research into childhood depression, and it...

Save eBook »



Trini Bee: You re Never to Small to Do Great Things

Createspace Independent Publishing Platform, United States, 2013. Paperback. Book Condition: New. 216 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****. Children s Book: Trini Bee An Early Learning - Beginner...

Save eBook »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

 $Create space, United States, 2015. \ Paperback. \ Book \ Condition: New. \ 229 \ x \ 152 \ mm. \ Language: English \ . \ Brand \ New \ Book \ ****** \ Print \ on \ Demand \ ******. \ Getting \ Your \ FREE Bonus \ Download \ this \ book, \ read \ it \ to \ the \ end \ and ...$

Save eBook »



Hitler's Exiles: Personal Stories of the Flight from Nazi Germany to America

New Press. Hardcover. Book Condition: New. 1565843940 Never Read-12+ year old Hardcover book with dust jacket-may have light shelf or handling wear-has a price sticker or price written inside front or back cover-publishers mark-Good Copy-...

Save eBook: