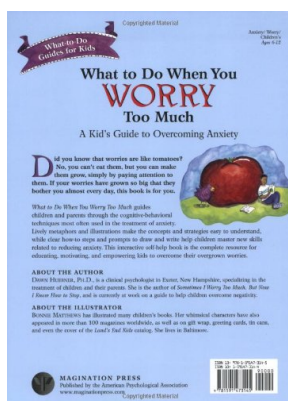


# [PDF] What To Do When You Worry Too Much: A Kid's Guide To Overcoming Anxiety (What To Do Guides For Kids)

Dawn Huebner - pdf download free book



## Books Details:

Title: What to Do When You Worry Too

Author: Dawn Huebner

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Language:

Pages: 80

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## Description:

"What to Do When You Worry Too Much" is an interactive self-help book designed to guide 6-12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment

of generalized anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change. It includes a note to parents by psychologist and author Dawn Huebner, PhD.

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