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## I m Really Scared.What Can I Do? (Paperback)

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By Psychologist David E Miller

Xulon Press, United States, 2012. Paperback. Book Condition: New. 274 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a Christian psychologist who has worked with hundreds of children and adolescents experiencing problems with excessive fear, anxiety, panic attacks, phobias, and obsessive compulsive disorder, Dr. David E. Miller has created a simple two-part workbook designed for these children and their parents. The workbook promotes several activities to help children learn ten coping skills for learning how to better manage these conditions or symptoms associated with the condition. The coping skills are presented as tricks that can help a child learn to control his or her anxiety. By working through the children s portion of the workbook the child learns coping skills for better handling anxiety; the parent s section of the workbook contains many suggestions and resource ideas for helping their children learn coping skills. Since these concepts have application to the classroom as well as the home environment, the workbook can serve as a resource to parents, teachers, and other personnel working with children. DR. DAVID E.MILLER is a psychologist with extensive clinical experience with children, adolescents, adults, and families. Currently in private practice,...



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