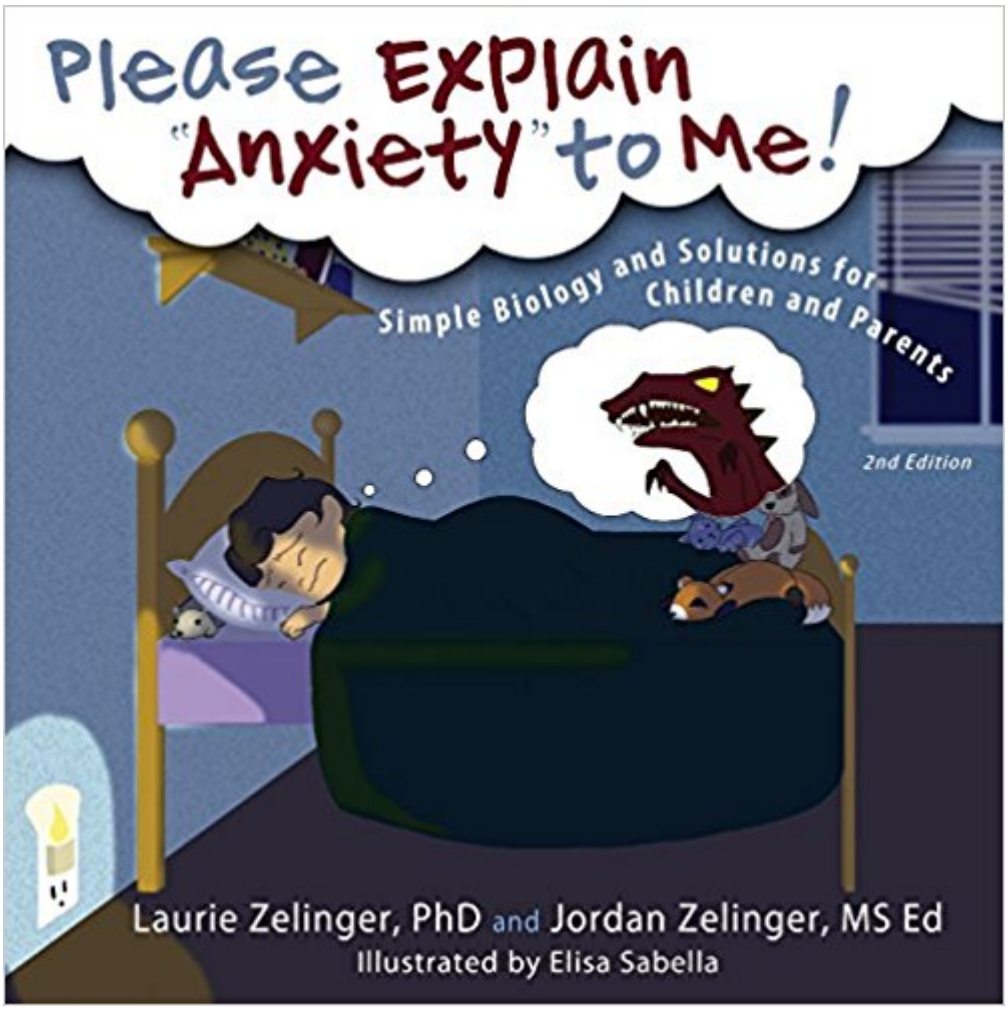
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Please Explain Anxiety To Me! Simple Biology And Solutions For Children And Parents, 2nd Edition (Growing With Love)



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Synopsis

What’s happening to me? This book translates anxiety from the jargon of psychology into concrete experiences that children can relate to. Children and their parents will understand the biological and emotional components of anxiety responsible for the upsetting symptoms they experience. Please Explain Anxiety to Me, 2nd Edition gives accurate physiological information in child friendly language. A colorful dinosaur story explains the link between brain and body functioning, followed by practical therapeutic techniques that children can use to help themselves. Children will: learn that they can handle most issues if they are explained at their developmental level understand the brain/body connection underlying anxiety identify with the examples given find comfort and reassurance in knowing that others have the same experience be provided with strategies and ideas to help them change their anxiety responses be able to enjoy childhood and to give up unnecessary worrying Therapists and Educators Praise "Please Explain Anxiety To Me, Second Edition" "On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child’s level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice." Zev Ash, M.D. F.A.A.P., Pediatrician "Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach." Rick Ritter, MSW, author of "Coping with Physical Loss and Disability" "This excellent book is perfect for parents to read and discuss with their children. It’s also perfect for school professionals to use in the school setting." Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York "...A charming--and calming--explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position." Ellen Singer, New York Times-acclaimed bestselling author Learn more at www.DrZelinger.com From the "Growing With Love" Series at Loving Healing Press www.LHPress.com SEL036000, Self-Help : Anxieties & Phobias PSY006000 Psychology : Psychotherapy - Child & Adolescent JNF053050 Juvenile Nonfiction : Social Issues - Emotions & Feelings

Book Information

Series: Growing with Love

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Shipping Weight: 0.3 ounces (View shipping rates and policies)
Average Customer Review: 4.5 out of 5 stars 42 customer reviews
Best Sellers Rank: #68,913 in Books (See Top 100 in Books) #85 inÃ Â Books > Self-Help > Anxieties & Phobias #259 inÃ Â Books > Health, Fitness & Dieting > Mental Health > Emotions #322 inÃ Â Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology
Age Range: 5 - 8 years
Grade Level: Kindergarten - 3

Customer Reviews

"On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child's level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice." Zev Ash, M.D. F.A.A.P., Pediatrician "Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach." Rick Ritter, MSW, author of Coping with Physical Loss and Disability "This excellent book is perfect for parents to read and discuss with their children. It's also perfect for school professionals to use in the school setting." Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York "...A charming--and calming--explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position." Ellen Singer, New York Times-acclaimed bestselling author Ã Â

Dr. Laurie Zelinger is a Board Certified Psychologist who has held an elected position at the national level on the prestigious American Academy of School Psychology. She earned a Doctoral degree in psychology from Hofstra University on Long Island, New York and then went on to earn her credentials as a Registered Play Therapist/Supervisor from the Association for Play Therapy. Dr. Zelinger is also a Fellow in the American Academy of School Psychology, a media specialist for the

American Psychological Association, and a recognized expert in child development and parenting, where she is frequently consulted by national and international media venues regarding child related issues. She and her psychologist husband, Dr. Fred Zelinger, have raised four sons. As a certified school psychologist, private practice licensed psychologist, and registered play therapist/supervisor, Dr. Laurie is treating increasing numbers of children with anxiety. She believes that honest and correct information, given at a child's developmental level in "kid-friendly" language, will help a youngster understand the link between body and feelings, the first step in symptom relief. Learn more about Dr. Laurie and her other books at www.DrZelinger.com.Dr. Jordan Zelinger completed his doctoral degree in School-Clinical Child Psychology at Pace University in New York City. As a licensed psychologist with a specialty in neuropsychology, Jordan enjoys working with typically developing children and adolescents as well as those who have special needs. Dr. Jordan is applying his skills working at a Long Island public high school and a large Manhattan based neuropsychological center while he develops his budding private practice. He collaborated with his mother on this, his first book, drawing upon his extensive background in neuroscience.

Do you want to know how to help your children when they get anxiety? Parents can remain calm with the help of this book as it provide families with a description of anxiety that children can understand and suggestions that parents can use when addressing their childrenÃƒÂ¢Ã â ¬Ã â„¢s worries. I remember being a child under the age of five and getting my own tonsils out and adenoids out. The author wants to help other parents by writing this book for kids who have too much anxiety and want to get rid of some of it. Signs of anxiety that are common involve emotions and showing signs of a problem include; stomach aches, tics, eating too little or too much, wants to sleep with a parent, inattentiveness in school, separation issues, self-imposed isolation, repetitive behaviours and sadness. I love that the story starts out explaining all types of dinosaurs and their own wants and needs out in the wilderness. Then the author shows and tells the reader how to help their children with fear, worry and anxiety. This book is for kids but also for parents because the parent will want to buy this book to read to their kids to learn about anxiety. Ãƒâ Ã Â© 2016 Jackie Paulson

As a therapist practicing cognitive-behavioral therapy, I spend a great deal of time educating children about the neurology and biology of anxiety. I was happy to discover this book at a recent conference. The language is easy to understand and engaging. I found the strategies at the end to be overly simplistic, but since most of my work is teaching strategies that isn't as important to me. I

recommend this book for kids who struggle with anxiety.

I was worried this book would be too little for my 9yr old who experiences some anxiety. Because I don’t experience it like he does, it was great for bith of us to read what it feels like and some good techniques to help when it arises.

This book is fantastic. My 3rd grade daughter had been suffering from tummy aches all year...she had missed a lot of school this year calling home saying she felt "sick". After months of medical testing nothing was helping. We decided to take her to see a counselor. When the counselor started reading this book to my daughter and I, it was like a EUREKA!! We had finally come upon a book that explained exactly what she was feeling. And since it was in print, I think it helped my daughter believe and also helped her see that other kids experience the same feelings she does and that SHE HAS THE POWER to do something to make herself feel better. I highly recommend this book.

This is a wonderful book to help children understand what happens to their body when they are anxious.It takes children (and parents) through the flight, fight, and freeze model. It helps kids to share and discuss the feeling of being overtaken by their emotions through their sympathetic nervous systems. This is often a difficult experience to explain, but this book makes it simple and relatable.It helps parents to relate to what it is like for their children to be flooded with emotion.I use this book as an aid in curriculum for group therapy, in individual therapy with children, in family sessions, and I will also use the language with my own son.Must have for parents, teachers, mental health professionals, and anyone who works with children.

A solid scientific explanation of anxiety but my son list interest with the second half describing what to do about it. I like the way the book usesa situation my son will never be in to explain the anxiety... there is zero chance he will run into a carnivorous dinosaur so it’s really easy for him to focus on the information instead hearing something else to be afraid of (some books cause more trouble than they are worth... it didn’t occur to my son to be afraid of dying until we came across it in a book).Talking about coping with anxiety is always less interesting than talking about the anxiety itself and I’m still looking for a book that manages a little better. I was hoping this book would go into the science of the "rest and relax" system as well as the "freeze flight or fight". That said, I liked the variety of ideas including biting a pencil to force a smile, exercising, and yoga.This is a book we will be reading many times, I am sure.

I use this is a wonderfully written book for elementary students who are dealing with worries in their little lives. My students have commented how it makes sense and helps to know there are related factors to the many stresses in life. I love the coping and calming down strategies!

I have an incredibly intelligent young daughter who also deals with a fair amount of anxiety. This book provides a simple story to help her understand what is going on with her body when she gets nervous. It has allowed us to have discussions about her anxiety without actually increasing it. We can refer back to the book and it helps distract her from why she was anxious in the first place.

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Medical Marijuana, Marijuana Horticulture) The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Anxiety-Free Kids: An Interactive Guide for Parents and Children (2nd ed.) Please Don’t Bite the Baby (and Please Don’t Chase the Dogs): Keeping Your Kids and Your Dogs Safe and Happy Together Please, Baby, Please (Classic Board Books)

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