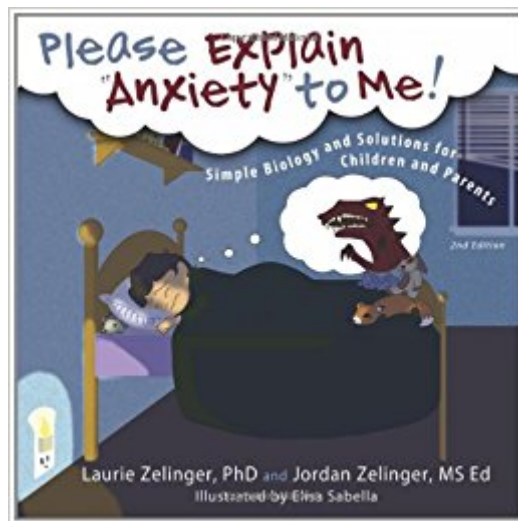


The book was found

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



## 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](http://www.DrZelinger.com) From the "Growing With Love" Series at Loving Healing Press [www.LHPress.com](http://www.LHPress.com) SEL036000, Self-Help : Anxieties & Phobias PSY006000 Psychology : Psychotherapy - Child & Adolescent JNF053050 Juvenile Nonfiction : Social Issues - Emotions & Feelings

## Book Information

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Age Range: 8 - 12 years

Grade Level: 3 - 7

## Customer Reviews

I am a Registered Play Therapist and Counselor. I work with kids with anxiety on a regular basis. I was excited to get this book, and while it does explain Anxiety--the causes, symptoms, and methods for managing it, it is incredibly long. I haven't found a child that I could read it to yet due to it's complex nature and the overall length of the book.

If my parents had introduced me to the concepts in this book as a child, I would have had a much clearer understanding of why my mind instantly manufactures doomsday scenarios at the hint of any change in my routine. Also, my parents would have been able to teach me how to cope more productively with this kind of mind. On the other hand, if this had been clarified, I might not have grown up to be the award-winning humorist, former sitcom writer and Psychology Today blogger that I now am. Whichever child-rearing route you choose, I believe this book would be a valuable resource.

A solid scientific explanation of anxiety but my son lost interest with the second half describing what to do about it. I like the way the book uses a 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.

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 provides families with a description of anxiety that children can understand and suggestions that parents can use when addressing their children'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. © 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.

We all know what it's like to feel anxious and experience feelings that we don't always understand. For young people this can be especially scary, and thanks to the Zelingers there is a book that addresses the issue of anxiety: what it is, how it affects us and more important what we can do about it. The book shares some great examples of ways to get rid of anxiety, and it all begins with helping the child to understand that more often than not the fear and object of their concern is not real or not as bad as they are imagining. This knowledge, along with understanding their situation can go a long way in better understanding the role of anxiety and what we can do to eliminate it.

This is a helpful book to read with a child who is struggling with anxiety. The book provides a non-threatening way to introduce key issues and concepts that anxious children typically grapple with. It also presents some coping strategies. For children who are dealing with both anxiety and trauma, I recommend the books below: Sam Feels Better Now by Jill Osborne Brave Bart by Caroline Sheppard

I am an independently licensed Counselor and work with children and teens in an out-patient therapy setting. This book is definitely one of the better resources I have found to teach kids about anxiety without the risk of introducing something new to fear. It is a bit lengthy, and I find that I have to read it over 2 sessions, to prevent information over-load. I do like that the book explains the sympathetic nervous system, as it helps children understand why they have so many somatic symptoms; however, I think referring to it as the "Fight-or-Flight" response would have been much easier to on the ears and easier for children to remember. I also like the rhymes at the end, intended to help with recall of the 6 coping/calming skills introduced. Overall, I believe it is a good addition to any child therapist's resource collection.

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