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This is an extraordinary book to help with all anxious children. I have tried a few of the 7 techniques with my son and

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they definitely help. This book is a must for parents with anxious or worried children.—Lynn Brady, Parent --This text refers to the paperback edition.

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Worry Cycle and Raise Courageous and Independent Children. Write a review.

Mar 21, 2019 Jessica rated it it was amazing. If you have anxious kids this is a MUST read. I've struggled with anxiety my whole life (and taught my kids to be anxious) and have read dozens of books

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Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children. Break the Cycle of Anxious Worrying. Childhood should be a joyful time for carefree play, active learning, and

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spontaneous exploration. However, a growing number of children are trapped in a cycle of anxiety that literally paralyzes them ...

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Ways to Stop the Worry Cycle and Raise

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Courageous and Independent Children  
(HCI Books, 2013) by Reid Wilson, PhD  
and Lynn Lyons, LICSW. Introduction;  
Chapter 1: How Worry Moves In, How It  
Grows, and Why It Needs to Go; Chapter  
2: Nurture or Nature? Either Way, You  
Have a Job to Do

## **Playing with Anxiety**

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The anxious thought cycle is overwhelming because it causes feelings of helplessness. When anxiety spikes, children get caught in a cycle of “what ifs” and “I can’ts.” Anxious kids tend to engage in a variety of cognitive distortions such as black and white thinking and overgeneralizing.



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## Cycle And Raise Courageous Helping Kids with Anxiety: Strategies to Help Anxious Children

In this companion book to Reid Wilson and Lynn Lyons' parenting book, *Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry Cycle and Raise Courageous & Independent Children* (HCI Books, 2013), Casey shares her own experiences and those of her friends to teach kids and

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Amplify Independent Children R  
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teens the strategies to handle the  
normal worries of growing as well as the  
more powerful tricks of anxiety.

## **Playing with Anxiety**

How to Overcome Your Obsessions and  
Compulsions (Bantam), is co-author,  
with Lynn Lyons, LICSW, of Anxious Kids,  
Anxious Parents: 7 Ways to Stop the

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Cycle And Raise Courageous  
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of  
Playing with Anxiety: Casey's Guide for  
Teens and Kids.

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Courageous and Independent Children  
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With anxiety at epidemic levels among  
our children, Anxious Kids, Anxious  
Parents offers a contrarian yet effective  
approach to help children and teens  
push through their fears, worries, and  
phobias to ...

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## **Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry ...**

Everything you need to know about the signs and symptoms of anxiety in children (stomachaches, lack of sleep, school anxiety, etc.), the best parenting tips for moms and dads of anxious kids, and 7 coping skills and activities for kids with big worries.

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**Anxiety in Children: 15 Tips and  
Coping Strategies to ...**

Anxious Kids, Anxious Parents: 7 Ways  
to Stop the Worry Cycle and Raise  
Courageous and Independent Children.  
Lynn Lyons, Reid Wilson. Simon and  
Schuster, Sep 3, 2013 - Family &  
Relationships - 264 pages. 2 Reviews.

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## **Anxious Kids, Anxious Parents: 7 Ways to Stop the Worry ...**

Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance. Anxious Kids, Anxious Parents exposes the most common anxiety-enhancing patterns-

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including reassurance, accommodation,  
and avoidance-while offering exercises  
and techniques to change both the  
child's and the ...

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Worry Cycle and Raise Courageous and  
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7 Ways Parents Can Negatively Shape

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