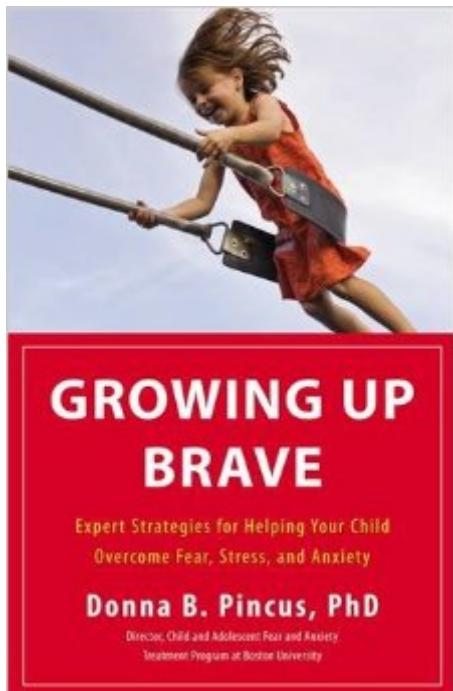


The book was found

# **Growing Up Brave: Expert Strategies For Helping Your Child Overcome Fear, Stress, And Anxiety**



## **Synopsis**

When our children are born, we do everything we can to make sure they have love, food, clothing, and shelter. But despite all this, one in five children today suffers from a diagnosed anxiety disorder, and countless others suffer from anxiety that interferes with critical social, academic, and physical development. Dr. Donna Pincus, nationally recognized childhood anxiety expert, is here to help. In *Growing Up Brave*, Dr. Pincus helps parents identify and understand anxiety in their children, outlines effective and convenient parenting techniques for reducing anxiety, and shows parents how to promote bravery for long-term confidence. From trouble sleeping and separation anxiety to social anxiety or panic attacks, *Growing Up Brave* provides an essential toolkit for instilling happiness and confidence for childhood and beyond.

## **Book Information**

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## **Customer Reviews**

Before reading this book, my 4 year old daughter would not step foot in a public bathroom. It was beginning to take over our lives as I started to avoid long day trips so she would not have a panic attack. I believe that the CBT training helped her regain her confidence and I am happy to say that she finally used the restroom at school today. I have also been trying to use the "5 minutes daily time" with each of my children. It is so nice to put down my work and cell phone and spend 5 minutes with my child while they are in charge of what we will be doing. The book was easy to read, covered different age groups and had different examples. It is definitely worth it!

I saw a poster for this book in my daughters pediatricians office. I had to buy it. I took my daughter

to a Japanese restaurant and she absolutely freaked over the fire and noise etc... She is five. She didn't want to go to any restaurant after that. Nor did she want to go to school in fear they would do something with fire. She also has separation anxiety as well. I read this book twice already. Very easy read. It helped me understand anxiety and gave me easy techniques to apply. I saw an improvement within one week. My daughter's anxiety has been reduced tremendously compared to where she was a month ago. Thank you!

I have a child with a terrible inferiority complex at the age of 9. I have learned how to understand my child, and help her deal with her problems and situations by using the examples in this book. Great book, buy it.

This book has been a true treasure to me. We have a daughter who, at only six years of age and in grade one, seems to struggle with anxiety. Though we do not have an official diagnosis, many of the tips in *Growing Up Brave* have been very helpful as we help our daughter slowly become more confident in school. The book is very easy to read, well organized and the tips are adaptable for children of all ages. The ideas are simple, yet effective, and very practical. *Growing Up Brave* is a book that should be read by all parents who have to deal with childhood anxiety, as well as education professionals. I highly recommend this book and give it a huge thumbs up!

I have enjoyed this book both as a therapist and a parent in assisting children with anxiety. It offers excellent explanations and creative ideas for helping all aged children working through their fears as well as supporting parents along the way. I particularly appreciate the emphasis on one-on-one time between parents and their children as relationship builders and strategies for overcoming challenging bedtime struggles.

I heard the author interviewed and was intrigued. I thought my child was growing out of his anxiety but had recommended the book to a friend. A few months later when faced with another episode of anxiety with my child. I read the book and found so much help in it! It gave me practical and realistic tools. Great information!

*Growing Up Brave* provides hope for parents who watch their children struggle with anxiety. It is written from a perspective of total understanding and compassion with strategies that aim to build courage and self-esteem. It is very easy to read and offers tips that are simple and very effective. I

use the strategies in this book with kids who struggle with social anxiety in my work as a social coach and have recommended it to numerous families. It is the best book that I have seen to address the prevalent issue of child anxiety. I also highly recommend the CD, I Can Relax, also by Donna Pincus. Both the book and CD are phenomenal resources!

We have struggled with our 3 1/2 year old's sever desperation anxiety since he was born. We always thought it was a "phase" and tried everything we could to be supportive and not make it worse. As he got older we found ourselves accommodating his fears and feeling so exhausted and drained from it. Everything was revolving around easing our sons anxiety but it never got easier and it almost seemed to be getting worse! Then I discovered this book and it immediately made a difference. We started following advice and our son is already becoming more brave and learning that he's capable of being brave. He is becoming more confident in himself and although it takes work and consistency on our part it is now rewarding for everyone and less exhausting. This book has saved my life as a parent! Now I can watch my bright son meet his potential and not let anxiety hold him back. It's amazing!

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Growing Up Brave: Expert Strategies for Helping Your Child Overcome Fear, Stress, and Anxiety  
Social Anxiety: Overcome Shyness, Anxiety, Introvert, Low Self Esteem & How To be Confident ((BONUS Inside)Overcome Any Fear, Feel Confident, Strong, Overcome Shyness) Performance Anxiety Cure: How To Overcome Performance Anxiety And Stage Fright In All Aspects Of Life Forever (anxiety recovery, panic attacks, anxiety management, anxiety attacks) Trypophobia: Real, Terriffying and you defenately have it: phobia,fear,anxiety,stress,overcome,trypophobia (Stress, Anxiety,Depression, High Pressure, Unhappy, Stressed) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Anxiety: 15 Ways To Boost Your Confidence When Feeling Anxious: How To Build Your Confidence To Escape Anxiety (BONUS- 1hour Life Coaching Session. Overcome Anxiety Today) Adrenal Fatigue: Overcome Adrenal Fatigue Syndrome With The Adrenal Reset Diet. How To Reduce Stress, Anxiety And Boost Energy Levels And Overcome Adrenal ... Books, Adrenal Fatigue Diet, Adrenal Reset) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) Why Can't My Child Stop Eating?: A Guide to Helping Your Child Overcome Emotional

Overeating Anxiety Disorders: The REAL Truth, Causes and Cures. Panic Disorder, Obsessive Compulsive Disorder (OCD), Generalized Anxiety Disorder (GAD), Post-Traumatic Stress Disorder (PTSD), Social Anxiety Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens Meditation: Complete Beginners Guide on How to Awaken Your Mind With Techniques that Will Relieve Stress, Manage Anger, and Find Inner Peace and ... Your Fear and Anxiety With Daily Meditation) Developing Self-Esteem: How to Overcome Fear and Anxiety and Regain Confidence - Self Help for Low Self Esteem Psychology: Hypnosis and Mind Control to Overcome Stress, Anxiety, Depression, & Finally Recover Your Happiness (Positive Thinking, Body Language, NLP, Mind Reading, CBT, Hypnosis Sex, Brainwashing) Confidence: Boost Self Esteem, Charisma, Overcome Anxiety, Stress and Change Your Life How To Stop Worrying and Start Living - What Other People Think Of Me Is None Of My Business: Learn Stress Management and How To Overcome Relationship Jealousy, Social Anxiety and Stop Being Insecure Coping with Anxiety: 10 Simple Ways to Relieve Anxiety, Fear & Worry Meditation: The Ultimate Beginner's Guide for Meditation: How to Relieve Stress, Depression, and Fear to Achieve Inner Peace, Fulfillment, and Lasting ... beginners, anxiety, meditation techniques) STRESS FREE LIVING How to manage your stress and understand what cause it: Get rid of anxiety for good (Build a Better Self Book 3)

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