

## Helping Your Anxious Child



A guide showing parents how, by being positive, patient, persistent and prudent, they can transform their child into a happy, confident member of society. Previous titles by the author include *The Alpha Plan* and *The Secret Language of Your Child*. Chronic anxiety is a serious problem which may be general, may be a specific anxiety about taking exams or doing sums, or a phobia about anything from trains or spiders to eating in public or going to the toilet. It can, however, be treated successfully, and David Lewis offers practical guidelines to parents of anxious children. Dr David Lewis has specialized in treating phobia conditions in adults and children for more than ten years. Special training procedures he has developed have been widely featured on TV in both Europe and USA.

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