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What to Do When You're Scared and Worried: A Guide for Kids

James J. Crist

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What to Do When You're Scared and Worried: A Guide for Kids

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What to Do When You're Scared and Worried: A Guide for Kids James J. Crist
From a dread of spiders to panic attacks, kids have worries and fears, just like adults. This is a book kids can turn to when they need advice, reassurance, and ideas. They'll find out where fears and worries come from, practice Fear Chasers and Worry Erasers, and learn to seek help for hard-to-handle fears they can't manage on their own.

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