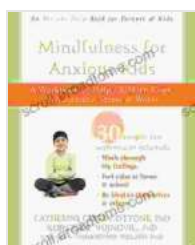


Mindfulness for Anxious Kids: A Guide for Parents and Children

Anxiety is a common problem for children, with up to 25% of children experiencing an anxiety disorder at some point in their lives. Anxiety can have a significant impact on a child's life, causing them to feel worried, scared, and on edge. It can also lead to problems with sleep, eating, and concentration.



Mindfulness for Anxious Kids: A Workbook to Help Children Cope with Anxiety, Stress, and Worry

by Carolyn Booker-Pierce

★★★★☆ 4.6 out of 5

Language : English
File size : 2063 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 154 pages



Mindfulness is a powerful tool that can help children to manage their anxiety. Mindfulness is the practice of paying attention to the present moment without judgment. It helps children to become more aware of their thoughts and feelings, and to learn to respond to them in a more helpful way.

Mindfulness for Anxious Kids is a comprehensive guide for parents and children on how to use mindfulness techniques to reduce anxiety and promote well-being. The book includes step-by-step instructions for mindfulness exercises, as well as tips for parents on how to support their children through the process.

The book is written in a clear and engaging style, and is packed with practical advice and resources. It is an essential resource for any parent who wants to help their child to manage anxiety.

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- Chapter 2: The Benefits of Mindfulness for Anxious Kids
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- Chapter 5: Tips for Parents

Reviews

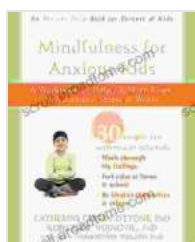
"Mindfulness for Anxious Kids is a wonderful resource for parents and children. The book is full of practical advice and easy-to-follow exercises that can help children to manage their anxiety." - Dr. Christopher Willard, author of *Mindfulness for Teens*

"This book is a must-read for any parent who wants to help their child to cope with anxiety. The information and exercises in the book are invaluable." - Mary Ellen Flannery, parent

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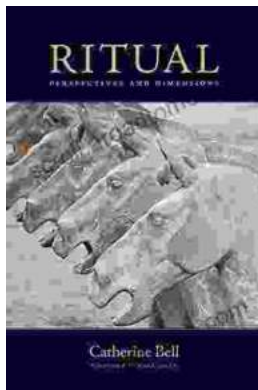


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