

Full Text The Worry-Free Parent: Living in Confidence So Your Kids Can Too by Sissy Goff

The Worry-Free Parent: Living in Confidence So Your Kids Can Too

By: Sissy Goff

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ISBN-13: 9780764241024

Worry is contagious...but you can stop its spreadAnxiety has an amazing ability to spread. Time and time again, when veteran counselor and parenting expert Sissy Goff has an anxious child or teen in her office, she's found they have at least one very well-intentioned but anxious parent. Anxiety is contagious, and it's likely affecting your kids, distracting you in the present, and making you feel like it will define your family's future.It doesn't have to be this way. With over 30 years of experience helping both children and adults, Sissy offers you practical, well-researched tools that will make a difference in your lifeand the lives of your children. Learn how to uncover the roots of your own anxiety process anxiety in healthy ways rather than passing it on model bravery discover a place of deeper, freer connection to your kidsHere is the help you need to experience freedom from anxiety, raise confident, courageous kids, and become a worry-free family in an increasingly anxious world.When meeting with parents who express worries about their kids (or themselves), I first offer encouragement and then a resourcea tool to help them feel calmer and more equipped. This gem of a book does both.CHINW WILLIAMS, PhD, therapist and coauthor of Seen Healing Despair and Anxiety in Kids and Teens through the Power of ConnectionGoff's therapeutic know-how adds authority to the text, and her conversational tone and client stories will help readers see themselves in her advice. Parents concerned about their kids' stress will find this a valuable resource.Publishers WeeklyAlso available The Worry-Free Parent Workbook, a companion resource that provides clinically proven exercises to help you pinpoint the best anxiety-fighting tools for you and your family

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 Durée 164 jour(s)

 Catégories Machines & Outils, Musique & Sons, Recyclage & Upcycling

 Coût 768 USD (\$)

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