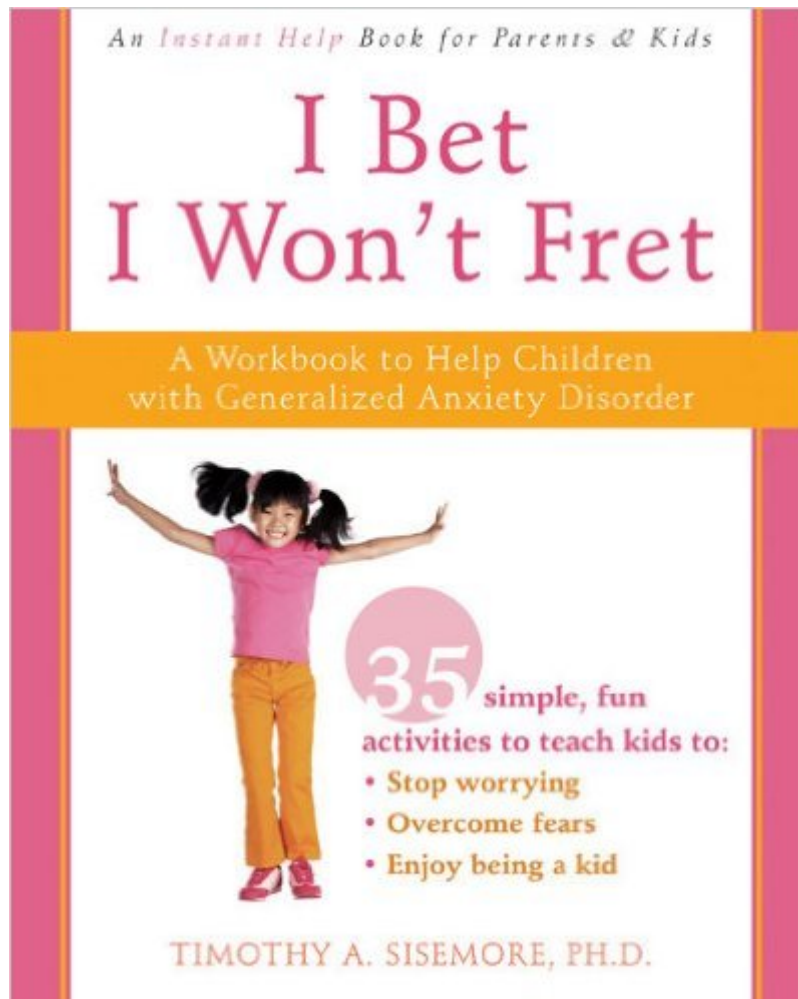


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# I Bet I Won't Fret: A Workbook To Help Children With Generalized Anxiety Disorder



## Synopsis

We like to think of childhood as a carefree time, but for the many children with anxiety disorders it's anything but. Generalized anxiety disorder (GAD) is one of the most common anxiety disorders in children. It causes intense worry and anxiety that can disrupt emotional, academic, and social development. The good news is that GAD is highly treatable and children can be taught to manage and even overcome it. Child psychologist Timothy Sisemore specializes in helping anxious children and in *I Bet I Won't Fret* he gives kids fun and engaging exercises to help them relieve anxiety and worry, change anxiety-inducing self-talk, and communicate their feelings. These activities can be done on their own or as part of a therapy program, and are appropriate for kids between the ages of six and twelve.

## Book Information

Paperback: 152 pages

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Language: English

ISBN-10: 1572246006

ISBN-13: 978-1572246003

Product Dimensions: 8 x 0.4 x 10 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars [See all reviews](#) (13 customer reviews)

Best Sellers Rank: #132,120 in Books (See Top 100 in Books) #189 in [Books > Health, Fitness & Dieting > Mental Health > Anxiety Disorders](#) #1015 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #1422 in [Books > Medical Books > Psychology > General](#)

Age Range: 6 - 12 years

Grade Level: 4 - 12

## Customer Reviews

My 11 yo son, who has Asperger's Syndrome, is working through this book. His worries range from not getting enough sleep to asteroids hitting earth, or germs on his hands, or global warming's effect on snow, and so on. "I Bet I Won't Fret" is a very useful book on many levels. First, the fact there is a book designed just for kids to work on anxiety helped my son believe me when I said, "Many kids have anxiety, it's not just you." It was less stressful just to know and believe he wasn't alone. Second, it is written so that kids can do it independently, they set up their reward (it is a

behaviorial approach and so includes the idea of rewards for working through the book) with their parent and then can do the exercises independently. I'd say 4th/5th through middle school. Third, there are a variety of activities to choose from - learning to recognize stressors, analyzing how others handle worries, changing self-talk, developing an anti-anxious plan, relaxation and breathing, problem solving, talking back to worries, and so on. This is helpful because every child is different, and some strategies will be more useful than others for any given child. There are bound to be a few real gems for any child in this book. I would definitely recommend going over the exercises with your child, however, for the insights you can gain, and also to model your own responses to the questions or examples. The author says most kids with anxiety disorders benefit from seeing a counselor, and that this book is intended as a companion to therapy so that parents can help their kids at home. We are not seeing a counselor since I am still looking for one who is experienced with Asperger's Syndrome, but even working through it independently, my son has made some gains.

This book was easy to understand for my 7 year old and she loves working through the activities. In the first couple of weeks her teacher has noticed a vast improvement in her. I also found out that the counselor at school used to use the same very book with the kids she would help. I am able to photocopy the pages and share my daughters insights with her counselors so that it is easier for all of us to work together. This book was written in such a way that my seven year old enjoys it and I can find her reading through it on her own. She has even adopted the title as her personal mantra. I could not be happier!

Very helpful for the school age child suffering from anxiety.

Great for teaching skills to kids!

I am very excited to use this with my son who has been recently diagnosed with Generalized Anxiety Disorder. This book is a great resource for parents, as a supplement to counseling for their child.

This is a great tool for working with children in counseling. Every counselor should utilize this workbook. It is great for group and well as individual.

The workbook style with mostly paper and pencil exercises is not engaging for children.

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I Bet I Won't Fret: A Workbook to Help Children with Generalized Anxiety Disorder 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 Matched Betting: 20 No lose Strategies To Make Free Money Fast (Matched Betting offers, betting deals, free matched bet, matched free bet, bet matching) ... betting, matched betting free bets Book 1) The Generalized Anxiety Disorder Workbook: A Comprehensive CBT Guide for Coping with Uncertainty, Worry, and Fear (New Harbinger Self-Help Workbooks) Separation Anxiety: A Parent's Guide for Dealing with a Child's Separation Anxiety ~ ( Separation Anxiety Disorder | Separation Anxiety in Children or Toddlers ) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) 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) Anxiety: Anxiety Cure Secrets: 10 Proven Ways To Reduce Anxiety & Stress Rapidly (BONUS- 30minute Anxiety Coaching Session- Anxiety Cure, Become Free, 10 simple ways) The Smarter Bet Guide to Craps: Everything You Need to Play Craps Like a Pro (Smarter Bet Guides) Obsessive Compulsive Disorder: Obsessive Compulsive Disorder OCD Guide To Overcoming Obsessive Compulsive Disorder And Obsessive Compulsive Disorder OCD ... Guide To OCD Treatment And Recovery) The Qigong Workbook for Anxiety: Powerful Energy Practices to Rebalance Your Nervous System and Free Yourself from Fear (New Harbinger Self-Help Workbook) The Dialectical Behavior Therapy Skills Workbook for Bipolar Disorder: Using DBT to Regain Control of Your Emotions and Your Life (New Harbinger Self-Help Workbook) Social Anxiety: Ultimate Guide to Overcoming Fear, Shyness, and Social Phobia to Achieve Success in All Social Situations (BONUS, Anxiety Relief, Social Anxiety Treatment) 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) Deep Thoughts of Inner Self: What Is Multiple Personality Disorder, How to Tell if You Have Multiple Personality Disorder or Dissociative Identity Disorder, Introverts and Extraverts The Mindfulness and Acceptance Workbook for Anxiety: A Guide to Breaking Free from Anxiety, Phobias, and Worry Using Acceptance and Commitment Therapy The Dialectical Behavior Therapy Skills Workbook for Anxiety: Breaking Free from Worry, Panic, PTSD, and Other Anxiety Symptoms Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People (Gremlin and Thief CBT Workbooks) The Bipolar II Disorder Workbook: Managing Recurring

Depression, Hypomania, and Anxiety How to Help Someone with Depression: 2nd Edition (Loved one with depression, anxiety disorder, bipolar, manic depression, depression, mood disorders, suicide, suicidal thoughts)

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