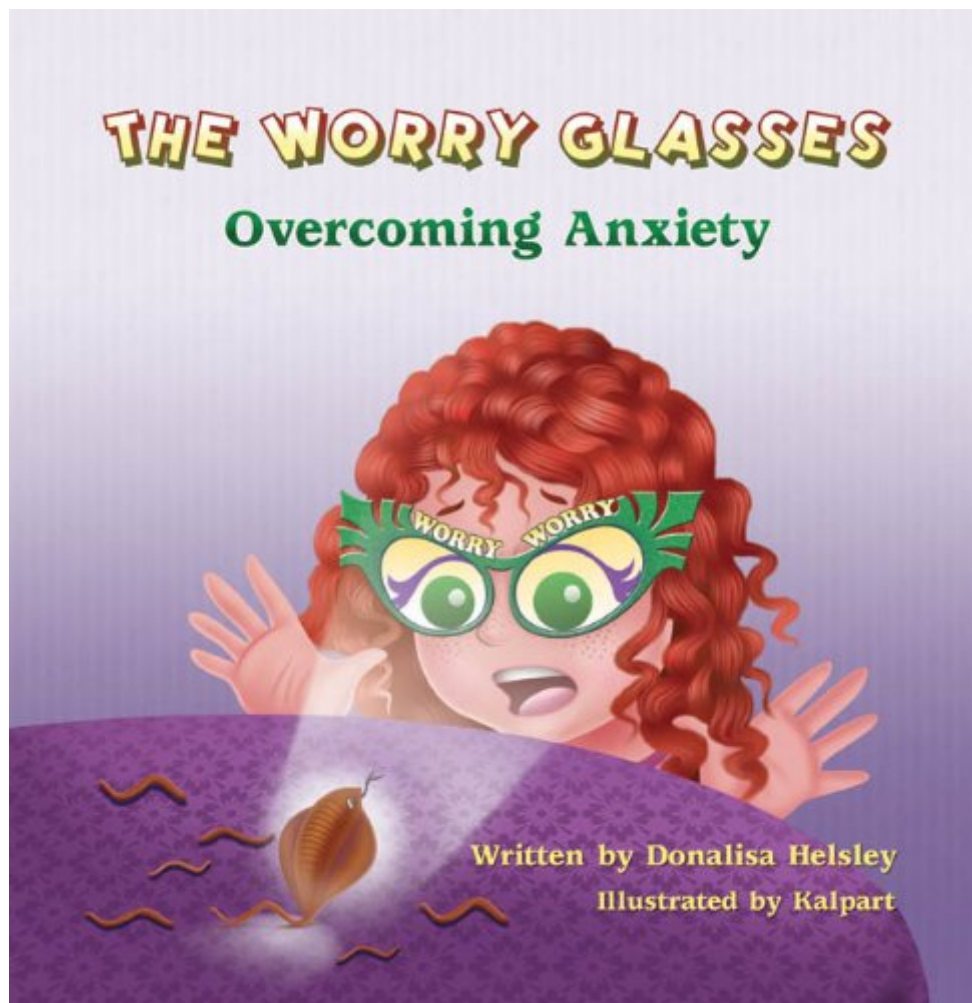




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# The Worry Glasses: Overcoming Anxiety



## Synopsis

Do you find yourself worrying about almost everything? Do your worries seem extra large? MJ knows the feeling. She's a big worry wart. Visit with MJ as she learns how to take off her "Worry Glasses" and take control of her anxiety

## Book Information

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## Customer Reviews

This is a great story to share with kids who struggle with anxiety. It teaches basic CBT concepts in a creative, child friendly manner. In essence, it helps children recognize that when it comes to fears, imagination is the real enemy. Knowledge, on the other hand, can serve to put these fears into perspective. While it can seem counter-intuitive for children to learn more about the things that scare them, this book helps the child recognize that knowledge really is power. Understanding that which is feared can serve to alleviate the avoidance that will otherwise cause the anxious child to miss out on (and continue to fear) many of the wonderful experiences life has to offer. In my work as a child therapist, I often use and recommend this book for families with little worriers.

Got it for my daughter who has anxiety. She loves this book and it actually helps calm her down. I

definitely recommend it.

Well done. I use in my therapy office. It's one of the better books that deals with worry and anxiety for kids and provides perspective and tools.

This is a terrific book for kids who have anxiety. What a burden that must be! The character, MJ, is sympathetic, and her helpful therapist, Jessica, suggests some coping skills that help her manage her worries. I'm sure children who deal with anxiety will find this book fun AND helpful.

This book was simple, helpful, and geared for Elementary aged children that struggle with anxiety. I plan to use it in my practice as a supplement when working with clients who are experiencing anxiety.

The Worry Glasses: Overcoming Anxiety is a MUST-READ book! The story entertains...and will empower every young child out there who has worries and anxieties (are there any who don't?). Even more importantly, the author provides ACTUAL EXERCISES that anyone can do to relieve anxiety. And the visual image Ms. Helsley gives of how worried you feel...up to your knees, up to your stomach and up to your head...will enable children to analyze their own level of anxiety and talk to a parent or other trusted adult if it is getting to be too much. The bold and bright illustrations have great kid appeal! I love the parenting tips at the end of the book...detecting signs of anxiety in a child...as well as the steps a parent can and should take if their child suffers from anxiety. And honestly, this book will help many parents deal with their own anxiety and worry as well! This is a book that should definitely be under the tree so you can start the New Year dealing with anxiety with this amazing book!

Got this for my 9 year-old son. He loved the compromise book by this author, even though it was about 2 little girls :) He wasn't so crazy about this one - never read again. He did seem interested the one time he did read it,

I love The Worry Glasses, and have just started using it with my young clients--- with great response! Thank you, Donalisa Helsley for another beautiful therapy tool. Marilyn Heinrichs, LPC

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