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Overcoming School Anxiety: How to Help Your Child Deal With Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries

By Diane Peters Mayer

AMACOM, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: CONTENTSForeword by Deirdre Shaffer xvPreface xviiAcknowledgments xixHow to Use the Overcoming School Anxiety Program xxiCHAPTER 1 - What Is School Anxiety? 1anxiety is a normal aspect of being human - positive and negative effects on mental and physical functioning - definition of school anxiety and discussion of symptoms - causes and effects of school anxiety - short- and long-term effects of school anxietyCHAPTER 2 - Anxiety Is a Mind-Body Experience 10examination of stress and children's reaction to stress - physiological effects of anxiety - discussion of the nervous system - fight-or-flight and relaxation responses - matching physical, mental, and emotional anxiety symptoms to physiological changes - reasons for chronic anxiety - development of an anxiety disorder - guidelines for professional help - list of common anxiety disorders - ways to help children deal with stressCHAPTER 3 - Help! My Child Won't Go to School 20causes and effects of school refusal - discussion of why leaving home can be difficult - childhood fears of parents dying while child is at school - childhood worries about not "fitting in" - definition of separation anxiety disorder (SAD)...



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Reviews

A whole new eBook with a new point of view. It can be rally fascinating throug studying period of time. I am delighted to explain how this is actually the finest book i have read through during my very own life and could be he best publication for at any time.

-- **Scarlett Stracke**

Simply no phrases to clarify. It is really basic but surprises from the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Mr. Noah Cummerata IV**