



Please Explain Anxiety to Me! Simple Biology and Solutions for Children and Parents (Growing with Love)

Laurie E. Zelinger, Jordan Zelinger

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be able to enjoy childhood and to give up unnecessary worrying

Therapists and Educators Praise "Please Explain Anxiety To Me"

"On any given day, around thirty percent of my patients have anxiety related symptoms. The simplicity and completeness of the explanations and treatment of anxiety given in this book is remarkable. Defining the cause, treating the core symptoms, and most importantly bringing it to a child's level accompanied by wonderful illustrations, is an incredible feat. I will definitely use this book in my practice."

Zev Ash, M.D. F.A.A.P., Pediatrician

"Anxiety is, of course, a complicated neuro-physiological process but it has been reduced to understandable terms in this brilliantly illustrated book for children. I would go even further and say that there are adults who could benefit from the straightforward approach."

Rick Ritter, MSW, author of "Coping with Physical Loss and Disability"

"This excellent book is perfect for parents to read and discuss with their children. It's also perfect for school professionals to use in the school setting."

Herb R. Brown, Ed.D., Superintendent of Schools Oceanside Public Schools, New York

"...A charming--and calming--explanation of anxiety that will help both children and their parents turn their internal worry switches to the OFF position."

Ellen Singer, New York Times-acclaimed bestselling author


Learn more at www.DrZelinger.com

From the "Growing With Love" Series at Loving Healing Press www.LHPress.com

SEL036000, Self-Help : Anxieties & Phobias

PSY006000 Psychology : Psychotherapy - Child & Adolescent

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From reader reviews:

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