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### **Freeing Your Child from Anxiety by Tamar Chansky, Ph.D ...**

Freeing your child from obsessive-compulsive disorder: A powerful, practical program for parents of children and adolescents. Crown Publishing Group. • Chansky, T. E. (2004). Freeing your child from anxiety: Powerful, practical solutions to overcome your child's fears, worries, and phobias. Broadway Books. • Chansky, T. E. (2008).

### **Resources for Parents of Children with Anxiety Disorders**

Freeing the Planet from Anxiety— One Thought at a Time Dedicated to helping children, teens, and adults overcome worry and create the life they want. Psychologist • Author • Speaker Anxiety disorders are the most common and the most treatable psychiatric condition. For



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In Freeing Your Child From Anxiety, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety.

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Tamar E. Chansky is the author of Freeing Your Child from Anxiety (4.02 avg rating, 813 ratings, 105 reviews, published 2004), Freeing Yourself from Anxi...

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### **Freeing Your Child From Anxiety (Audiobook) by Tamar E ...**

Childhood should be a happy, carefree time. Yet too many children are stressed-out and exhibiting symptoms of anxiety. In "Freeing Your Child from Anxiety," childhood anxiety expert Dr. Tamar Chansky shares a proven approach for helping children build emotional resilience for a happier and healthier life.

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Read "Freeing Your Child from Anxiety, Revised and Updated Edition Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens" by Tamar Chansky, Ph.D. available from Rakuten Kobo. Childhood should be a happy,

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The author, who has also written *Freeing Your Child From Obsessive-Compulsive Disorder*, also includes stories of actual families dealing with childhood anxiety disorders, as well as numerous examples of habitual thinking and behavioral patterns that can be changed with specific exercises on the homefront, often in conjunction with other outside ...

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Freeing Your Child from Anxiety, Revised and Updated Edition: Practical Strategies to Overcome Fears, Worries, and Phobias and Be Prepared for Life--from Toddlers to Teens - Ebook written by Tamar Chansky, Ph.D.. Read this book using Google Play Books app on your PC, android, iOS devices.

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Tamar Chansky, Ph.D. Founder and Director, Children's and Adult Center for OCD and Anxiety.

[www.tamarchansky.com](http://www.tamarchansky.com). Dr. Tamar Chansky, a licensed psychologist, is the Founder and Director of the Children's and Adult Center for OCD and Anxiety in Plymouth Meeting, PA. She is the author of numerous books on the treatment of anxiety including the popular Freeing Yourself from Anxiety Series ...

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She is the acclaimed author of several books, including Freeing Your Child from Anxiety, and the founder and director of the Children's and Adult Center for OCD

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Tamar E. Chansky, PhD, is a clinical child psychologist, founder, and director of the Children's Center for OCD and Anxiety, and the author of Freeing Your Child from Anxiety, Freeing Your Child from Negative Thinking, and Freeing Yourself from Anxiety. Dr. Chansky frequently appears on radio and television programs and has been

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