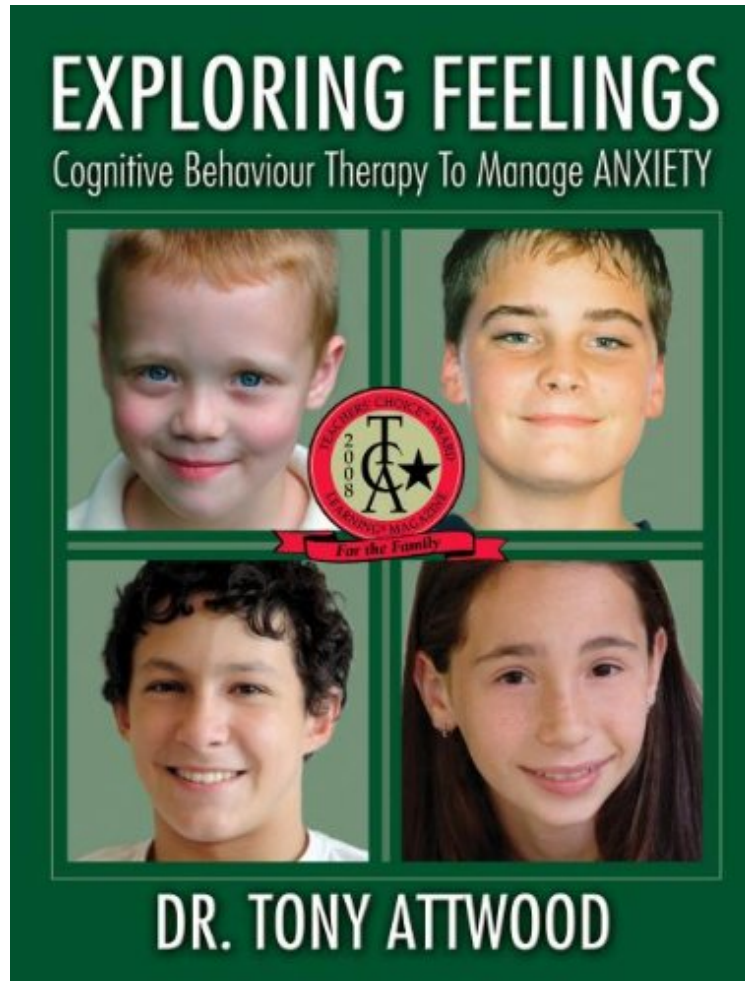


Exploring Feelings: Anxiety: Cognitive Behaviour Therapy to Manage Anxiety

Tony Attwood

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Tony Attwood : Exploring Feelings: Anxiety: Cognitive Behaviour Therapy to Manage Anxiety before purchasing it in order to gage whether or not it would be worth my time, and all praised Exploring Feelings: Anxiety: Cognitive Behaviour Therapy to Manage Anxiety:

0 of 0 people found the following review helpful. A must-haveBy S. ForsytheThis is a FANTASTIC resource, one that no parent should be without if you have a child who suffers from any kind of anxiety!1 of 3 people found the following review helpful. BookBy Kathy HungerThe order arrived very quick. Very pleased with my purchase. This book will pass through several sets of hands and help alot of people.54 of 59 people found the following review helpful. Very uninspiringBy Toutseull was very disappointed in this book and it's brother. The layout of both books is bare and uninspiring with not enough information or help to enable parents to use them easily with their children.Both

books are almost exactly identical too, virtually only differing in substituting the word "anger" for the word "anxiety" in their respective pages, so it would only really be necessary for someone to buy one book if they were considering buying both. A much better book we found for use with our son, who has Asperger's Syndrome, was Paul Stallard's 'Think Good - Feel Good: a cognitive behaviour therapy workbook for children and young people'.

Winner of a 2008 Teachers' Choice Award! Anxiety can be debilitating for anyone, but it can be especially confusing for a child. Learning about emotions helps children recognize connections between thinking and feeling, and helps them identify the physiological effects of anxiety on the body (sweating, increased heart rate, crying, etc.). This book provides a guide for caregivers and then the workbook section allows children to identify situations that make them anxious and learn how to perceive the situation differently.

About the Author A clinical psychologist from Brisbane, Australia, Dr. Tony Attwood has over thirty years of experience with individuals with autism, Aspergers Syndrome, and Pervasive Developmental Disorder (PDD). He has worked with several thousand individuals, from infants to octogenarians, from profoundly disabled persons to university professors. Dr. Attwood works in private practice in Brisbane, but is also adjunct professor at Griffith University, Queensland. He presents workshops and training courses for parents, professionals, and individuals with autism all over the world. In addition, he is a prolific author of scientific papers and books. His books and videos on Aspergers Syndrome and high-functioning autism are recognized as the best offerings in the field. Over 300,000 of his book Aspergers Syndrome: A Guide for Parents and Professionals have been sold, and it has been translated into twenty languages.