



The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success

Charlotte Reznick Ph.D.

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Imagine your frustrated four-year-old calming her own anger with a few simple breaths. Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches. Or your worried eleven-year-old improving her concentration by consulting a personal wizard to help with homework.

The Power of Your Child's Imagination will show you how to empower your child with easy, effective, and creative skills for surviving-and thriving-in a stressful world. This indispensable guide provides nine simple tools to help children cope with stress and anxiety by tapping into their imagination to access their own natural strength and confidence. Dr. Reznick illustrates how each tool can be used every day to deal with problems such as:

- * Stress-induced headaches and stomachaches
- * Phobias, panic attacks, and social anxiety
- * Bed-wetting and sleepless nights
- * Separation anxiety and fear of the unknown
- * Coping with death, divorce, and other losses
- * Hurt, frustration, and anger
- * Trouble with schoolwork and concentration
- * Sibling rivalry and school-yard squabbles

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Nancy Rush:

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The reason? Because this The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success is an unordinary book that the inside of the reserve waiting for you to snap that but latter it will surprise you with the secret this inside. Reading this book next to it was fantastic author who else write the book in such remarkable way makes the content on the inside easier to understand, entertaining approach but still convey the meaning completely. So , it is good for you for not hesitating having this ever again or you going to regret it. This excellent book will give you a lot of rewards than the other book have got such as help improving your expertise and your critical thinking approach. So , still want to hold off having that book? If I were you I will go to the reserve store hurriedly.

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you're truly feel alone and confuse with the information must you're doing of these time.

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