

## I m Really Scared.What Can I Do?



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### **Reviews**

*A very awesome publication with perfect and lucid information. It is probably the most awesome book i have read. You may like how the author publish this pdf.*  
*(Dr. Celia Howell DVM)*

## I M REALLY SCARED.WHAT CAN I DO?



Xulon Press, United States, 2012. Paperback. Book Condition: New. 274 x 211 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As a Christian psychologist who has worked with hundreds of children and adolescents experiencing problems with excessive fear, anxiety, panic attacks, phobias, and obsessive compulsive disorder, Dr. David E. Miller has created a simple two-part workbook designed for these children and their parents. The workbook promotes several activities to help children learn ten coping skills for learning how to better manage these conditions or symptoms associated with the condition. The coping skills are presented as tricks that can help a child learn to control his or her anxiety. By working through the children s portion of the workbook the child learns coping skills for better handling anxiety; the parent s section of the workbook contains many suggestions and resource ideas for helping their children learn coping skills. Since these concepts have application to the classroom as well as the home environment, the workbook can serve as a resource to parents, teachers, and other personnel working with children. DR. DAVID E.MILLER is a psychologist with extensive clinical experience with children, adolescents, adults, and families. Currently in private practice, he has worked in a variety of inpatient and outpatient settings. He completed a B.S. degree in social science at Cedarville University (1972), an M.S. degree in educational psychology at Indiana University (1976), and a Ph.D. in family relations and human development at Ohio State University (1982). He was board certified as a diplomate-fellow in both psychopharmacology and severe mental illnesses (1998). As an award-winning author, his previous publications include: Critical Spiritual Issues: Bridging the Spiritual and Psychological, The Stop.Think.Do.Program: A workbook for Children With ADD or ADHD, Attitude Adjustment Needed Now: A Workbook for Children With Anger Problems, My...



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