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Nota di contenuto	Preliminaries; Contents; Preface; 1 Do You Have an Anxious Child?; 2 The Many Faces of Childhood Anxiety; 3 Nature or Nurture?; 4 "Will You Still Be There Tomorrow?"; 5 "But Mom, What If . . . ?!"; 6 Over and Over Again Obsessive Compulsive Disorder; 7 Self-Conscious to a Fault; 8 Mommy Daddy I'm Afraid Specific Phobias; Resources; Checklists and Worksheets; Selected Scientific Articles by the Author; Index; About the Author
Sommario/riassunto	Most childhood fears are nothing to worry about. But panic attacks, phobias, and persistent anxiety can darken a child's horizons and lead to disrupted sleep, lower grades, and missed opportunities to make friends and explore the world. Dr. Cynthia G. Last helps parents determine when a child's apprehension is cause for concern. Drawing on 25 years of clinical practice and research, she vividly illustrates the different forms that childhood anxiety can take and offers practical solutions specific to each. For example, Dr. Last shows how to schedule 'worry time' to ease generalized anxiety, and

