



## Overcoming School Anxiety: How to Help Your Child Deal With Separation, Tests, Homework, Bullies, Math Phobia, and Other Worries

By Diane Peters Mayer

AMACOM, 2008. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary:

CONTENTSForeword by Deirdre Shaffer xvPreface xviiAcknowledgments xixHow to Use the Overcoming School Anxiety Program xxiCHAPTER 1 - What Is School Anxiety? 1anxiety is a normal aspect of being human - positive and negative effects on mental and physical functioning - definition of school anxiety and discussion of symptoms - causes and effects of school anxiety - short- and long-term effects of school anxietyCHAPTER 2 - Anxiety Is a Mind-Body Experience 10examination of stress and children's reaction to stress - physiological effects of anxiety - discussion of the nervous system - fight-or-flight and relaxation responses - matching physical, mental, and emotional anxiety symptoms to physiological changes - reasons for chronic anxiety - development of an anxiety disorder - guidelines for professional help - list of common anxiety disorders - ways to help children deal with stressCHAPTER 3 - Help! My Child Won't Go to School 20causes and effects of school refusal - discussion of why leaving home can be difficult - childhood fears of parents dying while child is at school - childhood worries about not "fitting in" - definition of separation anxiety disorder (SAD)...



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### Reviews

*It is one of the most popular publications. It really is written in easy words and not difficult to understand. You are going to like how the author wrote this book.*

-- **Prof. Evans Balistreri DDS**

*Completely essential go through book. This is for all who state there had not been a worthy of reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Lydia Legros**