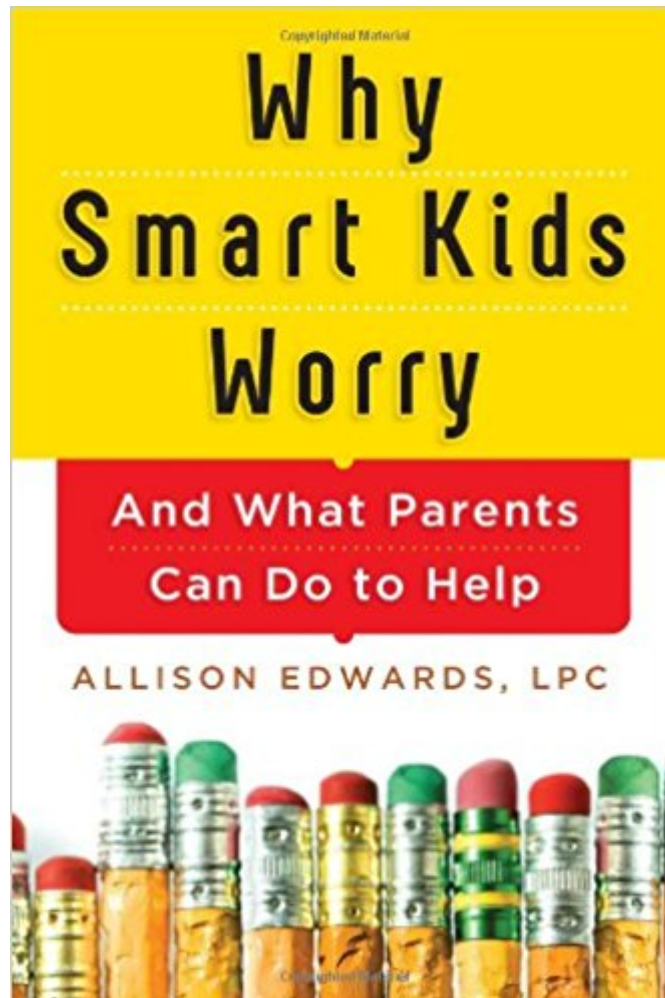




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# Why Smart Kids Worry: And What Parents Can Do To Help



## Synopsis

Why does my child seem to worry so much? Being the parent of a smart child is greatâ until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often let their imaginations ruin wild and experience fears beyond their years. So what can you do to help? In *Why Smart Kids Worry*, Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past. Edwards focuses on how to parent a child who is both smart and anxious and brings her years of experience as a therapist to give you the answers to questions such as: &#x95;How do smart kids think differently? &#x95;Should I let my child watch the nightly news on TV? &#x95;How do I answer questions about terrorists, hurricanes, and other scary subjects? Edwards's fifteen specially designed tools for helping smart kids manage their fears will help you and your child work together to help him or her to become more relaxed and worry-free.

## Book Information

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## Customer Reviews

"As a psychologist who works with children, I can honestly say this will be one book I will be adding to my borrowing library for parents to read. I have already recommended it to several of the families I am currently working with. Well worth a read for parents as well as professionals. " - Kerry Marsh, LibraryThing

"Therapist Edwards brings profound insight into the minds of gifted, anxious children in this parent-friendly handbook...Fifteen tools for parents and children to use together offer practical approaches to teaching coping skills and emotional competence, and will work well for any child with anxiety. Parents will be comforted by Edwards's analysis, which frames children's worrying as a

manageable challenge." - Publishers Weekly-STARRED"As a parent with anxiety as well as a child with anxiety, this was a really great manual...The combination of information as well as practical use make this book something that will help a wide array of families searching for help. " - Jessica Chiles "This light, well-organized guide from licensed professional counselor and play therapist Edwards (Vanderbilt U.) offers parents suggestions for helping their children to overcome anxiety stemming from precocious intelligence." - Book News, Inc."This light, well-organized guide from licensed professional counselor and play therapist Edwards (Vanderbilt U.) offers parents suggestions for helping their children to overcome anxiety stemming from precocious intelligence." - Book News Inc.

Allison Edwards is a Licensed Professional Counselor and registered Play Therapist with specialized training in working with children, adolescents, and families. She received a Bachelor's Degree in Education from Northwest Missouri State and a Master's degree in counseling from Vanderbilt University.. She is an adjunct professor in the Human Development Counseling Program at Vanderbilt University, and she maintains full-time private practice with children of all ages.

This book was recommended to me by a friend of the author's and has been an extremely helpful read. Not only has it helped me understand where my kids' worries are coming from, but also how they process worry and how it manifests itself. I feel much more confident about how to parent my kids through their worries without unintentionally contributing to them. I've already purchased additional copies of this book for other members of my family.

Having a daughter with anxiety I DO wish I would have had this in hand through her anxious life. So many great practical tips, square breathing (which we all could use when anxiety hits), changing the channel just to name a few. This book is full of kid-friendly coping tools that kids can use when feeling overwhelmed. Telling them "there's nothing to worry about" is never a solution. I love this book and have shared with many. A must read for sure!!!

Amazingly helpful book...wish I'd had it 5 years ago! Some things explained in the book were exactly what my 15 year old does and says, and now we know why. I highly recommend it.

Books like these...I feel they have good intentions, but you have to customize your parenting technique for YOUR CHILD, b/c every single child is different. I am enjoying reading it b/c my 8 year

old suffers from severe Anxiety Disorder as well as ADHD. However, I use books like these in conjunction with medication and family/individual therapy. Give it a shot, won't hurt anything and you may learn a few new things. :-)

Great explanation. Lots of insights. Worth reading.

This book is eye-opening. It was recommended by the guidance counselor at our school, and it has provided so many insights about my son. A useful resource! Highly recommended!

Wonderful Book!! Thank you for helping us understand what is going on!

This is an amazing book, not only about working with anxiety but overall helps to understand the positive relationships between adults and children. Being and raising a happy and successful person, understanding versatile human nature and respect it, not transferring any expectation on anyone. The book is thoughtful and professional and will help you to understand your child. It's a must have in every house, seriously, grandparents, parents, aunties - anyone who communicates with people and ones was a child.

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