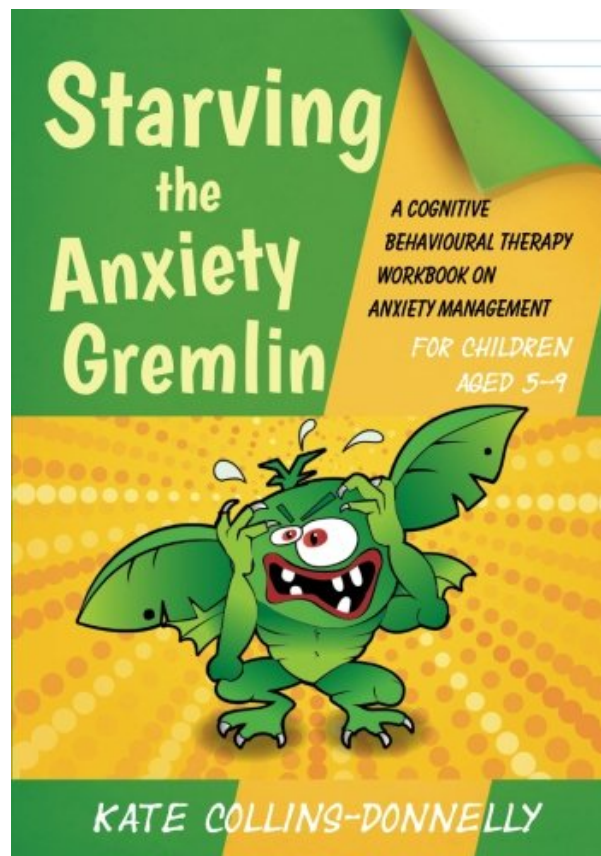
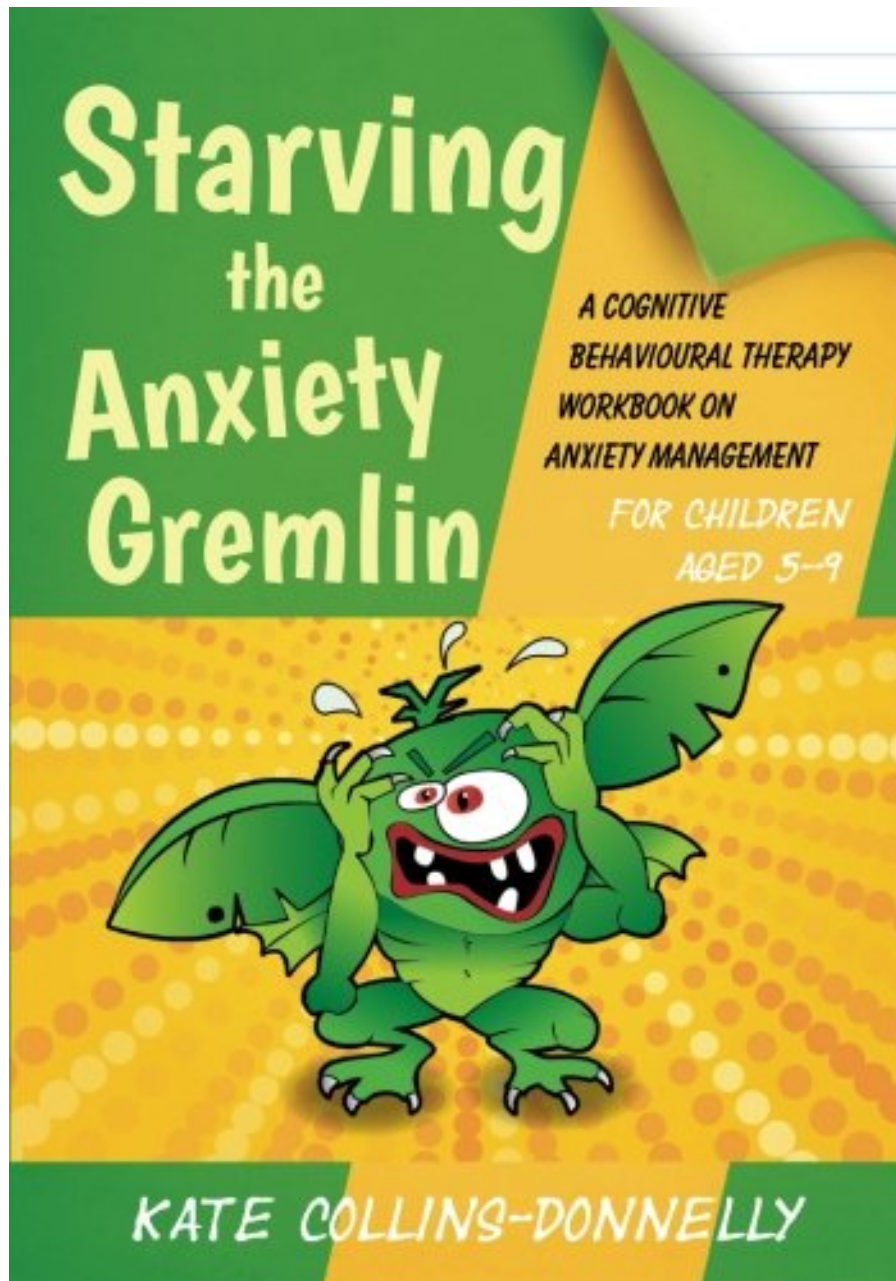


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Review

In *Starving the Anxiety Gremlin for Children Aged 5-9*, Kate Collins-Donnelly offers children, parents and professionals working with children the strategies they need to develop an understanding of anxiety and how to effectively manage it. The fun activities help readers to apply the learning to themselves and to practice proactive thinking to strengthen self-belief. I have delved into this accessible workbook with my own children and used its techniques with children that I work with. It has not only had a positive impact on them but also on me! As with Kate's other books, this is a workbook to go back to again and again to revisit concepts and to remind children that they can choose to see the world differently and that we can too! -- Fiona Rigby, Headteacher, St Catherine's Catholic Primary School, Sheffield

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Help children to understand and manage their anxiety with this engaging and imaginative workbook.

The Anxiety Gremlin is a mischievous creature who loves to gobble up your anxious feelings! The more anxiety you feed him, the bigger and bigger he gets and the more and more anxious you feel! How can you stop this? Starve your Anxiety Gremlin of anxious thoughts, feelings and behaviours, and watch him shrink!

Based on cognitive behavioural principles, this workbook uses fun and imaginative activities to teach children how to manage their anxiety by changing how they think and act – getting rid of their Anxiety Gremlins for good! Bursting with stories, puzzles, quizzes, and colouring, drawing and writing games, this is a unique tool for parents or practitioners to use with children aged 5 to 9 years.

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- Binding: Paperback
- 192 pages

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