

Freeing Your Child From Obsessive Compulsive Disorder

Kevin can't get to sleep at night until he does many things. He checks under his bed for a light he knows isn't there, and then, a minute later, he checks again. Kevin wants to stop, but the worry thoughts keep coming.

A gargantuan, mind-altering comedy about the Pursuit of Happiness in America Set in an addicts' halfway house and a tennis academy, and featuring the most endearingly screwed-up family to come along in recent fiction, *Infinite Jest* explores essential questions about what entertainment is and why it has come to so dominate our lives; about how our desire for entertainment affects our need to connect with other people; and about what the pleasures we choose say about who we are. Equal parts philosophical quest and screwball comedy, *Infinite Jest* bends every rule of fiction without sacrificing for a moment its own entertainment value. It is an exuberant, uniquely American exploration of the passions that make us human - and one of those rare books that renew the idea of what a novel can do. "The next step in fiction...Edgy, accurate, and darkly witty...Think Beckett, think Pynchon, think Gaddis. Think." --Sven Birkerts, *The Atlantic*

Parenting Kids With OCD provides parents with a comprehensive understanding of obsessive-compulsive disorder, its symptoms, types, and presentation in children and teens. The treatment of OCD is explained, and guidelines on how to both find appropriate help and best support one's child are provided. Family accommodation is the rule, not the exception, when it comes to childhood OCD; yet, higher accommodating is associated with a worsening of the child's symptoms and greater levels of familial stress. Parents who have awareness of how they can positively or negatively impact their child's OCD can benefit their child's outcome. Case examples are included to illustrate the child's experience with OCD and what effective treatment looks like. OCD worsens when there is increased stress for the child; therefore, stress management is an essential component for improvement. Parents will learn how to manage stress in themselves and encourage effective stress management for their children.

If you're a parent of one of the more than one million children in this country with obsessive-compulsive disorder, you know how confusing, even frightening, the symptoms of OCD can be. You're terrified of losing your child and angry about the havoc this disorder has wreaked in your family. More than anything, you want to be able to unlock the secrets of OCD, understand the cause of your child's bizarre symptoms, and help your child break free of these disruptive, relentless thoughts and actions. In her landmark book, *Freeing Your Child from Obsessive-Compulsive Disorder*, Dr. Tamar E. Chansky creates a clear road map to understanding and overcoming OCD based on her successful practice treating hundreds of children and teenagers with this disorder. In Part I, Dr. Chansky "cracks the code" of the peculiar rules and customs of OCD -- the handwashing, tapping, counting, and so forth. She explains how OCD is diagnosed, how to find the right therapist partner, and how to tailor treatment options to your child's needs. You'll learn how powerful behavioral modification can be and when medication can help. In Part II, you'll learn how not to be pulled in by your child's debilitating rituals at home or at school, how to talk to your child about the "brain tricks" OCD causes, and how to create an effective OCD battle plan that will empower your child to "boss back" the OCD monster. You'll also learn how to cope in moments of crisis. Part III offers specific advice for how to help your child handle the most common manifestations of OCD such as fears of contamination, checking, getting things "just right," intrusive thoughts, and more. Part IV is an indispensable guide to additional resources, including books, videos, organizations, and websites. Filled with Dr. Chansky's compassionate advice and inspiring words from the many children with OCD whom she has helped, this book will be your lifeline. Battling back from OCD is hard work, but with the comprehensive, proven guidance in this book, you can help your child reclaim a life free from its grip.

An estimated 5 million Americans suffer from obsessive-compulsive disorder (OCD) and live diminished lives in which they are compelled to obsess about something or to repeat a similar task over and over. Traditionally, OCD has been treated with Prozac or similar drugs. The problem with medication, aside from its cost, is that 30 percent of people treated don't respond to it, and when the pills stop, the symptoms invariably return. In *Brain Lock*, Jeffrey M. Schwartz presents a simple four-step method for overcoming OCD that is so effective, it's now used in academic treatment centers throughout the world. Proven by brain-imaging tests to actually alter the brain's chemistry, this method doesn't rely on psychopharmaceuticals. Instead, patients use cognitive self-therapy and behavior modification to develop new patterns of response to their obsessions. In essence, they use the mind to fix the brain. Using the real-life stories of actual patients, *Brain Lock* explains this revolutionary method and provides readers with the inspiration and tools to free themselves from their

psychic prisons and regain control of their lives.

A Workbook for Parents of Children with Obsessive-Compulsive Disorder

4 Simple Steps to Overcome Worry and Create the Life You Want

Mr. Worry

A Powerful, Practical Program for Parents of Children and Adolescents

What to Do When You Worry Too Much

Freeing Your Child from Anxiety

7 Ways to Stop the Worry Cycle and Raise Courageous and Independent Children

NEW YORK TIMES BEST SELLER • Celebrated food blogger and best-selling cookbook author Deb Perelman knows just the thing for a Tuesday night, or your most special occasion—from salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe. “Innovative, creative, and effortlessly funny.” —Cooking Light Deb Perelman loves to cook. She isn’t a chef or a restaurant owner—she’s never even waitressed. Cooking in her tiny Manhattan kitchen was, at least at first, for special occasions—and, too often, an unnecessarily daunting venture. Deb found herself overwhelmed by the number of recipes available to her. Have you ever searched for the perfect birthday cake on Google? You’ll get more than three million results. Where do you start? What if you pick a recipe that’s downright bad? With the same warmth, candor, and can-do spirit her award-winning blog, Smitten Kitchen, is known for, here Deb presents more than 100 recipes—almost entirely new, plus a few favorites from the site—that guarantee delicious results every time. Gorgeously illustrated with hundreds of her beautiful color photographs, The Smitten Kitchen Cookbook is all about approachable, uncompromised home cooking. Here you’ll find better uses for your favorite vegetables: asparagus blanketing a pizza; ratatouille dressing up a sandwich; cauliflower masquerading as pesto. These are recipes you’ll bookmark and use so often they become your own, recipes you’ll slip to a friend who wants to impress her new in-laws, and recipes with simple ingredients that yield amazing results in a minimum amount of time. Deb tells you her favorite summer cocktail; how to lose your fear of cooking for a crowd; and the essential items you need for your own kitchen. From salads and slaws that make perfect side dishes (or a full meal) to savory tarts and galettes; from Mushroom Bourguignon to Chocolate Hazelnut Crepe Cake, Deb knows just the thing for a Tuesday night, or your most special occasion.

Newly revised and updated, an authoritative resource written by a prominent childhood-anxiety expert guides parents through a proven program that will help their children overcome their fears, worries and anxieties to lead happier, healthier lives. Original.

There are over one million children in the US who suffer from Obsessive-Compulsive Disorder. These children often have uncontrollable worries and engage in seemingly senseless rituals. Parents and school professionals often feel helpless and frustrated as they struggle to understand and help the child stop the bizarre doubts and habits that take over the child's mind and life. Now, there is hope and help. Dr. Aureen Wagner brings you the latest scientific advances in the treatment of this beguiling disorder along with her many years of experience in treating children and teenagers. Using the metaphor of the Worry Hill, for which she has received international recognition, Dr. Wagner presents a powerful step-by-step approach that countless children have used successfully to triumph over OCD. Her skill, compassion and expert guidance will provide new hope, energy and resolve to help children and their caregivers conquer OCD. Designed to be used alone or with the children's integrated companion book: Up and Down the Worry Hill.

Are you plagued by obsessive thoughts, rituals or routines? Would you like to regain control over your behaviour and cast your fears aside? Whether you are compelled to wash your hands more and more thoroughly or feel the need to keep checking that you've turned off appliances, obsessive worries can be a drain on daily life. However, you don't need to suffer any more. This practical guide, written by three leading cognitive behavioural therapy experts, enables you to make sense of your symptoms, and gives a simple plan to help you conquer OCD. Includes: detailed information on the many different manifestations of OCD; the differences between normal and obsessive worries; clear information on treating your individual problem; real-life case studies and examples; and advice and support for friends and family of OCD sufferers. Whether your condition is mild or severe, this definitive resource will help you reclaim your life and keep OCD away for good.

"From an internationally acclaimed author, a disturbing and addictive novel of domestic suspense where secrets kept hidden from spouses cause shocking surprises that hit home... There's nothing unusual about a new family moving in at 91 Trinity Avenue. Except it's her house. And she didn't sell it. When Fiona Lawson comes home to find strangers moving into her house, she's sure there's been a mistake. She and her estranged husband, Bram, have a modern coparenting arrangement: bird's nest custody, where each parent spends a few nights a week with their two sons at the prized family home to maintain stability for their children. But the system built to protect their family ends up putting them in terrible jeopardy. In a domino effect of crimes and misdemeanors, the nest comes tumbling down. Now Bram has disappeared and so have Fiona's children. As events spiral well beyond her control, Fiona will discover just how many lies her husband was weaving and how little they truly knew each other. But Bram's not the only one with things to hide, and some secrets are best kept to oneself, safe as houses"--

Strategies and Solutions

The OCD Workbook for Kids

Powerful, Practical Solutions to Overcome Your Child's Fears, Worries, and Phobias

Your Guide to Breaking Free from Obsessive-Compulsive Disorder

A Kid's Guide to Overcoming OCD

Being Me with OCD

How I Learned to Obsess Less and Live My Life

Written by an expert in the field of childhood anxiety disorders, this indispensable guide provides parents with safe, proven methods for reducing childhood anxiety.

Freeing Your Child from Obsessive-Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents Harmony

The first definitive resource for parents of children suffering from Obsessive-Compulsive Disorder presents a step-by-step guide for behavior therapy that breaks the OCD cycle and can help reduce, or even eliminate, the need for medication. Reprint. 15,000 first printing.

A resource for parents of children suffering from obsessive-compulsive disorder presents a step-by-step guide for behavior therapy that breaks the OCD cycle and can help reduce, or even eliminate, the need for medication.

One of the world's foremost experts on anxiety in children provides a guide to recognizing and alleviating a range of debilitating fears. Anxiety affects more children and teens than any other psychiatric illness, but it's also the most treatable emotional disorder. Some 25 percent of children and adolescents will suffer an anxiety disorder at several points in their lifetime, resulting in serious problems in their ability to function in school, with peers, and on a general day-to-day basis. A renowned researcher and clinician who has developed groundbreaking, proven coping strategies illuminates a new path to fear-free living for families. You and Your Anxious Child differentiates between separation anxiety, generalized anxiety, and social phobia, and guides parents on when and how to seek intervention. With moving case studies, such as Jon's, whose mother quit her job because his separation anxiety compelled her to stay with him full-time, this book elucidates the nightmare that families can be living, and helps them understand that they are not alone. Every step of the way, Albano illustrates proven therapies to manage anxiety issues in children while addressing the emotional needs of parents, too. You and Your Anxious Child brings much-needed hope to families, helping them shape a positive new vision of the future.

Overcoming Obsessive Compulsive Disorder with CBT

Freeing Yourself from Anxiety

A Workbook for Teens with Obsessive-Compulsive Disorder

A Step-by-Step Guide for Parents

Anxiety Relief for Kids

A Story about OCD

The "OCD Is Not the Boss of Me" Manual

If you happen to be one of the more than a million children in the United States who suffer from obsessive-compulsive disorder (OCD), you know how perplexing, if not terrifying, OCD symptoms may be. You're frightened of losing your child and enraged by the damage this disorder has created in your household. You want to be able to unravel the secrets of OCD, understand the reason for your child's strange symptoms, and help your child break free from these disruptive, uncontrollable thoughts and acts above all else. Rita Adams presents a clear road map to understanding and overcoming OCD in this landmark book. *Freeing Your Child from Obsessive-Compulsive Illness*, based on a successful practice treating hundreds of children and teenagers with this disorder. Part of the book is dedicated to "cracking the code" of OCD's distinctive norms and rituals, such as hand washing, tapping, counting, and so on. She discusses how OCD is diagnosed, how to identify the correct therapist, and how to customize treatment options to your child's specific requirements. You'll discover how effective behavioural modification can be, as well as when medicine may be necessary. The second part will teach you how to avoid being drawn in by your child's debilitating routines at home or at school, how to talk to your child about the "brain tricks" that OCD causes, and how to develop an effective OCD battle strategy that will empower your child to "boss back" the OCD monster. You'll also learn how to deal with adversity. The third section provides detailed guidance on how to assist your child cope with the most typical OCD symptoms, such as contamination fears, checking, getting things "exactly right," intrusive thoughts, and more. And the fourth part is a comprehensive resource guide to more books, movies, organizations, and websites. This book will be your lifeline, filled with the author's sympathetic guidance and uplifting remarks from the many youngsters with OCD whom she has helped. Fighting OCD is difficult, but with the complete, tried-and-true advice in this book, you can help your child recover a life free of illness.

Bring fun and adventure back into your child's life. In *The Worry Workbook for Kids*, two respected psychologists offer fun, action-based activities grounded in cognitive behavioral therapy (CBT) to help your child move past fears of uncertainty, set and accomplish goals, and—most importantly—enjoy being a kid. Today's kids face intense pressures at school, with friends, and in life. But one of the most prevalent causes of worry in children is the fear of the unknown. Whether they are starting at a new school, trying out for a new sport, or going to a sleepover—for many kids who worry, it can be difficult moving from "What if?" to "Why not?" and trying new things. Sound familiar? Written for children ages seven to twelve, this engaging workbook offers evidence-based cognitive behavioral therapy (CBT) tools to help kids embrace uncertainty and actually change their thoughts and behaviors by taking action—which will help bring adventure, fun, and freedom back into their lives! The practices in this workbook can be used anytime, anyplace, to help kids put a stop to worry before worry takes over. Childhood is a precious time that goes by so quickly, and chronic worrying can take a hefty toll both mentally and physically. Teaching kids how to deal with stress early will set them up for a lifetime of happiness and success. This workbook can help you do just that.

From a leading clinical expert in the fields of child cognitive and behavior disorders, a new edition that addresses social media, bullying, suicide, and other challenges children and parents face today. If unaddressed at the early stages, negative thinking can become the gateway to depression and more serious mental health issues. Habitual negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness. Being constantly being overloaded with information from friends, classmates, teachers, parents, and the internet, children need tools and strategies for redirecting negative thoughts when they come. In *Freeing Your Child from Negative Thinking*, Dr. Chansky provides parents, caregivers, and clinicians with clear, concise, and compassionate guidance in equipping children and teens to overcome negativity. She thoroughly covers the underlying causes of children's negative attitudes and provides multiple strategies for managing negative thoughts, building optimism, and establishing emotional resilience. Now, in this revised and updated edition, Dr. Chansky addresses the complex challenges that come with raising kids in a digital age--from navigating social media use to cyber bullying, as well as the grim reality of increased school shootings and suicides. This new edition also includes an expanded section on depression, the importance of healthy sleep, and the parent's role in their children's digital lives. With practical tools for parents to guide their children through these challenges, *Freeing Your Child from Negative Thinking* is the handbook all parents need to help their children cultivate emotional resilience.

This step-by-step guide is written for adolescents with OCD and their families. Using the principles of cognitive behavioural therapy, which is the proven method for helping those with OCD, it offers teenagers a structured plan of treatment which can be read alone, or with a parent, counsellor or mental health worker.

In a large-size format for easy photocopying, this user-friendly manual presents a tested treatment protocol for children and adolescents (ages 6 to 18) struggling with obsessive – compulsive disorder (OCD). Ten flexible modules give clinicians tools for engaging kids and their parents and implementing successful exposure and response prevention activities, as well as other cognitive-behavioral therapy (CBT) strategies. Each module includes vivid clinical vignettes, sample scripts, “tips and tricks” drawn from the authors’ extensive experience, and numerous reproducible child and parent handouts and worksheets. Purchasers get access to a Web page where they can download and print additional copies of the reproducible materials, in color.

OCD in Children and Adolescents

A Guide to Understanding and Supporting Your Child With OCD

The Worry Workbook for Kids

The Twelve Lives of Alfred Hitchcock: An Anatomy of the Master of Suspense

Free Yourself from Obsessive-Compulsive Behavior

Free Your Child from Fears and Worries and Create a Joyful Family Life

Breaking Free of Child Anxiety and OCD

Does your child have OCD? In this much-needed Instant Help workbook, kids will learn to identify obsessions and compulsions, understand them, and use simple tools based in exposure and ritual prevention to cope with and overcome this difficult disorder. If your child has obsessive-compulsive disorder (OCD), he or she may suffer from obsessive thinking, use rituals to soothe anxiety, and act compulsively in ways that are disruptive and sometimes harmful. As you know all too well, OCD can greatly interfere with school, friends, and home life. So, how can you help your child be their very best? With this evidence-based workbook for kids, your child will learn how and why they struggle, and gain a greater understanding of what OCD is by identifying common symptoms, including contamination concerns, fear of harm, need for order/symmetry, and excessive doubting. Your child will then be gently guided to name their own symptoms and rate the extent to which each symptom causes them anxiety. The workbook also provides a framework for children to apply exposure and ritual prevention strategies to anxiety-provoking situations independently or with help from you or a caregiver. Detailed instructions for completing exposure exercises will be covered, including how long exposures should last, and how often they should be repeated. Finally, the workbook will show you and your child how to build a solid support system of family, friends, teachers, and professionals to aid you in managing OCD symptoms and building a lifestyle that will help you both deal with your child's symptoms more effectively. If your child's OCD is holding them back from living the happy childhood you want for them, this easy-to-read and practical workbook can help them cope with symptoms and really thrive—at home, in the classroom, and well into adulthood.

Winner of the 2022 Edgar Award for Best Biography An Economist Best Book of 2021 A fresh, innovative biography of the twentieth century's most iconic filmmaker. In *The Twelve Lives of Alfred Hitchcock*, Edward White explores the Hitchcock phenomenon—what defines it, how it was invented, what it reveals about the man at its core, and how its legacy continues to shape our cultural world. The book's twelve chapters illuminate different aspects of Hitchcock's life and work: “The Boy Who Couldn't Grow Up”; “The Murderer”; “The Auteur”; “The Womanizer”; “The Fat Man”; “The Dandy”; “The Family Man”; “The Voyeur”; “The Entertainer”; “The Pioneer”; “The Londoner”; “The Man of God.” Each of these angles reveals something fundamental about the man he was and the

mythological creature he has become, presenting not just the life Hitchcock lived but also the various versions of himself that he projected, and those projected on his behalf. From Hitchcock's early work in England to his most celebrated films, White astutely analyzes Hitchcock's oeuvre and provides new interpretations. He also delves into Hitchcock's ideas about gender; his complicated relationships with "his women"—not only Grace Kelly and Tippi Hedren but also his female audiences—as well as leading men such as Cary Grant, and writes movingly of Hitchcock's devotion to his wife and lifelong companion, Alma, who made vital contributions to numerous classic Hitchcock films, and burnished his mythology. And White is trenchant in his assessment of the Hitchcock persona, so carefully created that Hitchcock became not only a figurehead for his own industry but nothing less than a cultural icon. Ultimately, White's portrayal illuminates a vital truth: Hitchcock was more than a Hollywood titan; he was the definitive modern artist, and his significance reaches far beyond the confines of cinema.

Anxiety is the number one mental health problem facing young people today. Childhood should be a happy and carefree time, yet more and more children today are exhibiting symptoms of anxiety, from bedwetting and clinginess to frequent stomach aches, nightmares, and even refusing to go to school. Parents everywhere want to know: All children have fears, but how much is normal? How can you know when a stress has crossed over into a full-blown anxiety disorder? Most parents don't know how to recognize when there is a real problem and how to deal with it when there is. In *Freeing Your Child From Anxiety*, a childhood anxiety disorder specialist examines all manifestations of childhood fears, including social anxiety, Tourette's Syndrome, hair-pulling, and Obsessive Compulsive Disorder, and guides you through a proven program to help your child back to emotional safety. No child is immune from the effects of stress in today's media-saturated society. Fortunately, anxiety disorders are treatable. By following these simple solutions, parents can prevent their children from needlessly suffering today—and tomorrow. www.broadwaybooks.com From the Trade Paperback edition.

Anxiety disorders and OCD are the most common mental health problems of childhood and adolescence. This book provides a complete, step-by-step program for parents looking to alleviate their children's anxiety by changing the way they themselves respond to their children's symptoms.

Describes what obsessive-compulsive disorder is and how it works, and teaches young readers techniques to reduce and overcome it through writing and drawing activities and self-help exercises and strategies.

A Children's Book about Obsessive-compulsive Disorder and Its Treatment

The Program That Helps Kids and Teens Say "No Way" -- and Parents Say "Way to Go"

Skills to Help Children Manage Obsessive Thoughts and Compulsive Behaviors

Helping Your Anxious Child

Pets on the Couch

Freeing Your Child from Negative Thinking

You and Your Anxious Child

"Teaches school-age children cognitive-behavioral techniques to reduce and overcome anxiety, fears, and worry, through writing and drawing activities and self-help exercises and strategies. Includes introduction for parents"--Provided by publisher.

Previously considered a rare condition among children and adolescents, recent research on obsessive-compulsive disorder (OCD) has indicated an increased prevalence among this age group, insofar as it is now considered one of the most common of all psychiatric illnesses affecting youth. Handbook of Child and Adolescent Obsessive-Compulsive Disorder

You may not know anyone else who suffers from repetitive "stuck" thoughts and compulsive rituals, but plenty of other teens experience symptoms of obsessive-compulsive disorder (OCD): the need to repeatedly wash their hands, check to make sure everything's okay, count possessions, put things in order, or even repeat thoughts over and over. Rituals like these may calm you down when you're feeling stressed or anxious, but you know all too well that the relief is temporary and you'll have to repeat the ritual when you start feeling uneasy again. This cycle can make you feel trapped, but also may seem impossible or even frightening to break. *Free from OCD* offers forty easy cognitive behavioral exercises to help you move past your symptoms and live freely and flexibly, without fear. You'll finally be able to stop compulsive thoughts in their tracks and keep them from coming back. This

book helps you learn to: •Notice when thoughts are based in reality and when they're exaggerated •Recognize and neutralize situations that trigger your symptoms •Make friends and feel more confident in social situations •Use relaxation techniques instead of falling back on your rituals

Most children are afraid of the dark. Some fear monsters under the bed. But at least ten percent of children have excessive fears and worries—phobias, separation anxiety, panic attacks, social anxiety, or obsessive-compulsive disorder—that can hold them back and keep them from fully enjoying childhood. If your child suffers from any of these forms of anxiety, the program in this book offers practical, scientifically proven tools that can help. Now in its second edition, *Helping Your Anxious Child* has been expanded and updated to include the latest research and techniques for managing child anxiety. The book offers proven effective skills based in cognitive behavioral therapy (CBT) to aid you in helping your child overcome intense fears and worries. You'll also find out how to relieve your child's anxious feelings while parenting with compassion. Inside, you will learn to: Help your child practice "detective thinking" to recognize irrational worries What to do when your child becomes frightened How to gently and gradually expose your child to challenging situations Help your child learn important social skills This book has been awarded The Association for Behavioral and Cognitive Therapies Self-Help Seal of Merit—an award bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

This workbook is full of assessments, fill-ins, and progress charts that encourage parents to get involved in and stay committed to their child's recovery from Obsessive-Compulsive Disorder.

Infinite Jest

Up and Down the Worry Hill

Helping Your Child with OCD

Breaking Free from OCD

Talking Back to OCD

Handbook of Child and Adolescent Obsessive-Compulsive Disorder

Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness

"Just what the doctor ordered! A clear, concise, and practical guide to help parents help their children master their anxieties." —Laurel J. Schultz, MD, MPH, community pediatrician at Golden Gate Pediatrics If you have a child with anxiety, you need quick, in-the-moment solutions you can easily use now to help your child face their fears and worries. Written by a psychologist and expert in childhood anxiety, this easy-to-use guide offers proven-effective cognitive behavioral therapy (CBT) and exposure skills you can use at home, in social settings, or anywhere anxiety takes hold. Anxiety Relief for Kids provides quick solutions based in evidence-based CBT and exposure therapy—two of the most effective treatments for anxiety disorders. You'll find a background and explanation of the different types of anxiety disorders, in case you aren't sure whether or not your child has one. You'll also learn to identify your child's avoidant and safety behaviors—the strategies your child uses to cope with their anxiety, such as repeatedly checking their homework or asking the same questions repeatedly—as well as anxiety triggers that set your child off. With this book, you'll find a wealth of information regarding your child's specific anxiety disorder and how to respond to it. For example, if your child has obsessive compulsive disorder (OCD), the skills you use to help them are different than other anxiety disorders. No matter your child's specific symptoms or diagnosis, you'll discover tailored interventions you can use now to help your child thrive. If your child has an anxiety disorder, simple, everyday activities can be a real challenge. The practical solutions in this book will help you deal with your child's anxiety when it happens and restore balance and order to both your lives. What readers are saying: "I was surprised to learn how much of what I was doing as a parent was exacerbating (and not helping) our son's anxiety." — Kath "This book does such a great job of explaining what anxiety is, the range of ways it can show up in kids (and/or adults) and how you can get it under control. ... The guidance laid out is priceless and will be beneficial to anyone suffering from anxiety." — Jennifer "This is a very practical and informative book that will guide parents in helping their children suffering from anxiety or worry. ... Cognitive behavioral therapy is the backbone of Dr. Walker's approach and she makes the approach clear and accessible to non-professionals. A great addition to any parent's bookshelf!" — Michael This book has been selected as an Association for Behavioral and Cognitive Therapies Self-Help Book Recommendation— an honor bestowed on outstanding self-help books that are consistent with cognitive behavioral therapy (CBT) principles and that incorporate scientifically tested strategies for overcoming mental health difficulties. Used alone or in conjunction with therapy, our books offer powerful tools readers can use to jump-start changes in their lives.

Is worry wearing you out? Whether it's losing sleep over a deadline, fretting about a relationship, or constantly thinking about what you "should have" done or said, anxiety makes life feel like a race from one overwhelming situation to the next. Freeing Yourself from Anxiety reveals the real secret to reducing stress: not positive thinking, but possible thinking. In this breakthrough guide, Dr. Tamar Chansky shows you dozens of simple yet powerful strategies you can use at any time to transform your anxious thoughts, conquer perfectionism and procrastination, and improve the way your brain reacts to stress, even without medication. For anyone suffering with an anxiety disorder or depression, or who simply wants to handle everyday challenges more optimally and successfully, Dr. Chansky's innovative program will help you breathe easier. Get ready to feel calm, confident, more like yourself again—and free to create the life you want.

Part memoir, part self-help for teens, Being Me with OCD tells the story of how obsessive-compulsive disorder (OCD) dragged the author to rock bottom—and how she found hope, got help, and eventually climbed back to a fuller, happier life. Using anecdotes, self-reflection, guest essays, and thorough research, Dotson explains what OCD is and how readers with OCD can begin to get better. With humor, specific advice, and an inspiring, been-there-beat-that attitude, readers will find the book simultaneously touching and practical.

Leadership is the habit of making good choices. Even in difficult and uncertain circumstances, the most effective leaders focus their attention and overcome entrenched patterns of behavior to push an organization to new heights of success. This capability is no fluke: the latest research on the brain shows that we can pinpoint the mental activity associated with it—and cultivate it for our benefit. In this book, Art Kleiner, a strategy expert; Jeffrey Schwartz, a research psychiatrist; and Josie Thomson, an executive coach, give a transformative explanation of how cutting-edge neuroscience can help business leaders set a course toward better management. Mapping the functions of a manager onto established patterns of mental activity, they identify crucial brain circuits and their parallels in organizational culture. Strategic leaders, they show, play the role of wise advocates: able to go beyond day-to-day transactional behavior to a longer-term, broader perspective that articulates their organization's deeper purpose. True leaders can play this influencer role in an organization because they have cultivated similar self-reflective habits in their own minds. Providing a powerful guide to decision strategies and their consequences, The Wise Advocate helps managers find their own inner voice and then make that voice ring out loud and clear, with a four-step program for practice and catalytic implications for management strategy, executive education, and business results.

With anxiety at epidemic levels among our children, Anxious Kids, Anxious Parents offers a contrarian yet effective approach to help children and teens push through their fears, worries, and phobias to ultimately become more resilient, independent, and happy. How do you manage a child who gets stomachaches every school morning, who refuses after-school activities, or who is trapped in the bathroom with compulsive washing? Children like these put a palpable strain on frustrated, helpless parents and teachers. And there is no escaping the problem: One in every five kids suffers from a diagnosable anxiety disorder. Unfortunately, when parents or professionals offer help in traditional ways, they unknowingly reinforce a child's worry and avoidance. From their success with hundreds of organizations, schools, and families, Reid Wilson, PhD, and Lynn Lyons, LICSW, share their unconventional approach of stepping into uncertainty in a way that is currently unfamiliar but infinitely successful. Using current research and contemporary examples, the book exposes the most common anxiety-enhancing patterns—including reassurance, accommodation, avoidance, and poor problem solving—and offers a concrete plan with 7 key principles that foster change. And, since new research reveals how anxious parents typically make for anxious children, the book offers exercises and techniques to change both the children's and the parental patterns of thinking and behaving. This book challenges our basic instincts about how to help fearful kids and will serve as the antidote for an anxious nation of kids and their parents.

The OCD Workbook

The Smitten Kitchen Cookbook

Practical Strategies to Overcome Fears, Worries, and Phobias and be Prepared for for Life--from Toddlers to Teens

Anxiety-Free Kids

Parenting Kids With OCD

The Inner Voice of Strategic Leadership

On-the-Spot Strategies to Help Your Child Overcome Worry, Panic, and Avoidance

If you have obsessive-compulsive disorder (OCD), chances are that your persistent obsessive thoughts and time-consuming compulsions keep you from enjoying life to the fullest. But when you are in the habit of avoiding the things you fear, the idea of facing them head-on can feel frightening and overwhelming. This book can help. The OCD Workbook has helped thousands of people with OCD break the bonds of troubling OCD symptoms and regain the hope of a productive life. Endorsed and used in hospitals and clinics the world over, this valuable resource is now fully revised and updated with the latest evidence-based approaches to understanding and managing OCD. It offers day-to-day coping strategies you can start using right away, along with proven-effective self-help techniques that can help you maintain your progress. The book also includes information for family members seeking to understand and support loved ones who suffer from this often baffling and frustrating disorder. Whether you suffer with OCD or a related disorder, such as body dysmorphic disorder or trichotillomania, let this new edition of The OCD Workbook be your guide on the path to recovery. This new edition will help you: use self-assessment tools to identify your symptoms and their severity; create and implement a recovery strategy using cognitive behavioral self-help tools and techniques; learn about the most

effective medications and medical treatments; find the right professional help and access needed support for your recovery; and maintain your progress and prevent future relapse.

"Don't just set the table-set the mood." This is the advice that daytime's bad boy, Sean Kanan-"Deacon Sharpe" in The Young and the Restless and The Bold and the Beautiful-has shared only with his closest friend's until now. Sean is witty, funny and, most importantly, tells it like it is as he guides you to creating meaningful connection through the art of cooking and entertaining, all the while never compromising what it means to be a guys guy. The Modern Gentleman isn't just a book; it's a movement whose time has come. The Modern Gentleman doesn't just speak to men. Women will be fascinated to gain insider information about how guys think. Remember ladies: knowledge is power. Let's face it. In today's confusing social landscape littered with mixed signals, guys are understandably confused and frustrated. Are we supposed to be Mr. Sensitive-guy-good-listener, or the Alpha male, or somewhere in between? If you don't know the answer, then you should read this book.

Anxiety-Free Kids (2nd ed.) offers parents strategies that help children become happy and worry-free, methods that relieve a child's excessive anxieties and phobias, and tools for fostering interaction and family-oriented solutions. Using a unique companion approach that offers two books in one—a practical, reader-friendly book for parents and a fun workbook for kids—this solutions-oriented guide utilizes the cognitive-behavioral approach to therapy and integrates the parent in the child's self-help process. Research has shown that if left untreated, children with anxiety disorders are at higher risk to perform poorly in school, to have less-developed social skills, and to be more vulnerable to substance abuse. Covering the six most commonly occurring anxiety disorders—generalized anxiety, separation anxiety, specific phobias, social phobias, panic disorder, and obsessive-compulsive disorder—this book gives kids and parents successful strategies for achieving relaxation, conquering worries, challenging faulty thinking patterns, developing positive self-talk, and facing one's fears. Educational Resource

Analyzes the underlying causes of children's negative attitudes and provides strategies to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience.

"A celebrated veterinary behaviorist describes the practice of One Medicine, which hinges on the belief that humans and other animals have minds that work the same way, experience similar emotions and share the same neurochemistry, "--NoveList.

Helping Your Child Overcome Ocd

A CBT Guide for Young People and Their Families

Helping Children to Overcome Anxiety and the Fear of Uncertainty

Freeing Your Child from Obsessive-compulsive Disorder

Free from OCD

Freeing Your Child from Obsessive-Compulsive Disorder

No one wants to get rid of obsessive-compulsive disorder more than someone who has it. That's why Talking Back to OCD puts kids and teens in charge. Dr. John March's eight-step program has already helped thousands of young people show the disorder that it doesn't call the shots--they do. This uniquely designed volume is really two books in one. Each chapter begins with a section that helps kids and teens zero in on specific problems and develop skills they can use to tune out obsessions and resist compulsions. The pages that follow show parents how to be supportive without getting in the way. The next time OCD butts in, your family will be prepared to boss back--and show an unwelcome visitor to the door. Association for Behavioral and Cognitive Therapies (ABCT) Self-Help Book of Merit

What to Do when Your Brain Gets Stuck

Brain Lock

Anxious Kids, Anxious Parents

Our House

An Interactive Guide for Parents and Children

Break Free from OCD

What to Do when Your Child Has Obsessive-compulsive Disorder