



Anxiety: A troubleshooting guide for parents (The Everything® Healthy Kids Series)

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You want to provide the best for your children, but sometimes you can't do it alone. If your child has been diagnosed with a serious medical condition, you may be overwhelmed with the challenges ahead. The Everything Healthy Living Series is here to help. These concise, thoughtful guides offer the expert advice and the latest medical information you need to understand your child's condition and provide the best possible care.

Inside you'll find expert advice and helpful tips on recognizing when a healthy worry becomes an area of concern, understanding the causes of anxiety, seeking professional help, and treatment options, along with thoughtful suggestions on helping your child cope with anxiety.



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