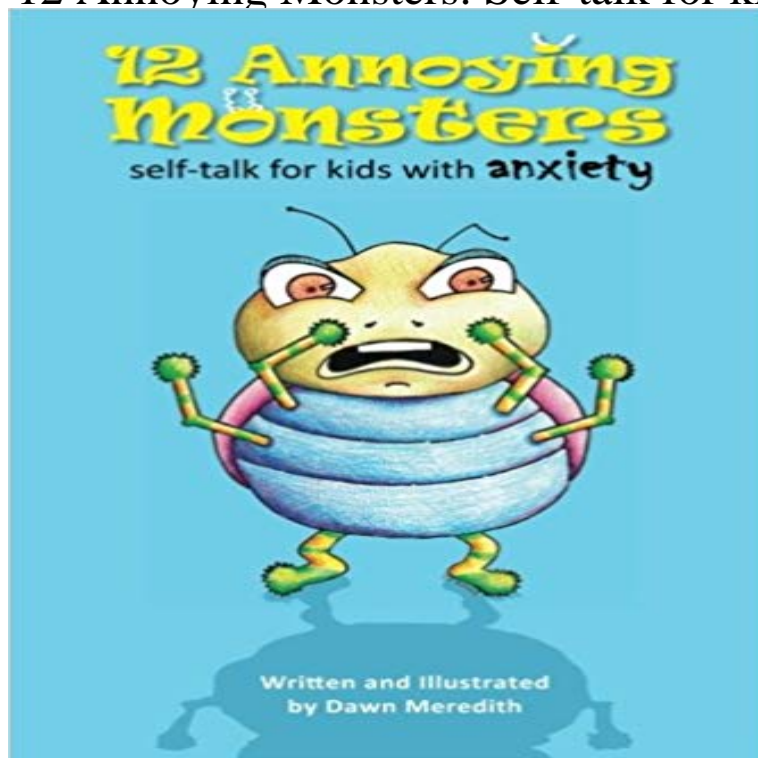


12 Annoying Monsters: Self-talk for kids with anxiety



About 12 Annoying Monsters: Self-talk for kids with anxiety Dawn Meredith has worked with children and their parents for over 20 years and has seen many children suffer with anxiety, even depression. This book was written as a resource for her clients but demand for 12 Annoying Monsters: Self-talk for kids with anxiety has been so strong she has now released it to the general public. Suitable for readers aged eight and over, this book details: the reasons for anxiety symptoms how the body protects us in times of real danger and helps children figure out what thought processes are causing these over-the-top reactions. By assigning a monster (such as the Bad Stuff Always Happens To Me Monster) to negative thoughts, a child can put the message as an influence outside their head and thereby learn to ignore it. The funny thing about this book is that adults will flick through it and exclaim out loud, Oh, this one talks to me! There are ways of thinking which are inherited, as personality, and therefore run in families. In this way, the book can stimulate conversations between parents and their children. 12 Annoying Monsters: Self-talk for kids with anxiety is highly recommended by counsellors, psychologists and parents. Why Dawn Meredith wrote 12 Annoying Monsters Dawn has been working with children and their families for 25 years. After noticing how many kids suffer with panic attacks, feelings of misery and helplessness, she decided to put all her tips into this fun book as a way of helping other children and their families.

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