

This wonderful book is a must for all parents to help their children to normalize the symptoms of anxiety. What a gift to give to our children. Dr. Harry Barry (MD, author and mental health advocate) Scaredies Away: A Kid's Guide to Overcoming Worry & Anxiety (made simple)" is a breath of fresh air and a sigh of relief for confused parents who are overwhelmed by the complicated books out there that are dull, boring and very confusing. This engaging & interactive self-help book will finally provide you and your child the relief you have been looking for. The ONE technique (instead of 20 outdated techniques!) found only in Scaredies Away is a cognitive-behavioral technique most often used to treat anxiety. Scaredies Away truly has it all—a fun-filled fiction story with brilliant colorful illustrations to keep your child engaged- not bored, a phenomenal parent information and guidance section which is an integral part of the book, a colorful and fun goal sheet and a FREE code to download the book on audio for a soothing evening listen or read along! The reviews are in. KIDS and PARENTS LOVE this book! Scaredies Away is written by a Nationally Certified School Psychologist and world renowned anxiety expert who speaks globally on anxiety. Why haven't you heard of this book? Its simple--because Scaredies Away is a self-published book and does not have the advertising budget that the big publishers have. The authors insisted on delivering Scaredies Away in a fun and entertaining way so that your kids would actually want to read the book thereby getting the help they need. The publishers would not publish this book as fiction/self-help book. They wanted another dry and boring self-help book. But as a previous teacher, therapist, and school psychologist this author and mother of two knew better. She knew kids learned better when they were entertained, when the content was put in simple terms and when the material was developmentally appropriate. The first week of launch Scaredies Away hit the #1 spot in its category on Amazon and has since received numerous five star reviews. Those dry how-to manuals are a dime a dozen. That's what is different about this book—the kids LOVE it. Scaredies Away is such a very special and uniquely crafted book. It has become many children's favorite bedtime book even when they are not anxious. While it was important for the authors to make sure your kids would be entertained –as parents too-they knew their primary goal was to help you help your child find comfort, hope and the freedom to just be a kid again. They know you just want your child to be OK again. They get it. They've been there too. This book was crafted with you and your child in mind- not the criteria of the big publishers. Synopsis: Eight-year-old Jack is scared...of the dark...of swimming in the ocean...and of riding the biggest roller coaster on the boardwalk. Jack usually runs away from what scares him. Most people do! But now that his cousin Clay has taught him how to overcome his fears all on his own, Jack is ready to take on the world! And with the Magic Finger Countdown, you will be too! Scaredies Away demonstrates a simple and effective technique called the Magic Finger Countdown which is rooted in Cognitive Behavioral Therapy and Acceptance and Commitment Therapy. The technique is used for conquering fear in almost any situation—from staying in a big kid bed at night, to imaginary monsters in the closet, to talking in front of a group. Children do not have to live with debilitating fear and anxiety. Behavior can be changed, and anxiety can be transformed into a sense of personal power. Read this book with your children or students, explore the Afterword for tips on implementing the technique, and encourage children to try the Magic Finger Countdown in any situation where they feel afraid. Give your child the comfort and the freedom to just be a kid again. Cataloging data available

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