



Helping Children with Fear: A Guidebook (Helping Children with Feelings)

Margot Sunderland

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A guidebook to help children who: worry a lot or exhibit signs of ongoing anxiety; experience the world as an unsafe place; suffer from phobias, obsessions or nightmares; are scared to tell someone that they are scared; know a terrible loneliness; feel insignificant in a world of adult giants; feel defeated by life or need help in being assertive; and feel so impotent that their only way to feel any potency is to be mute.

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