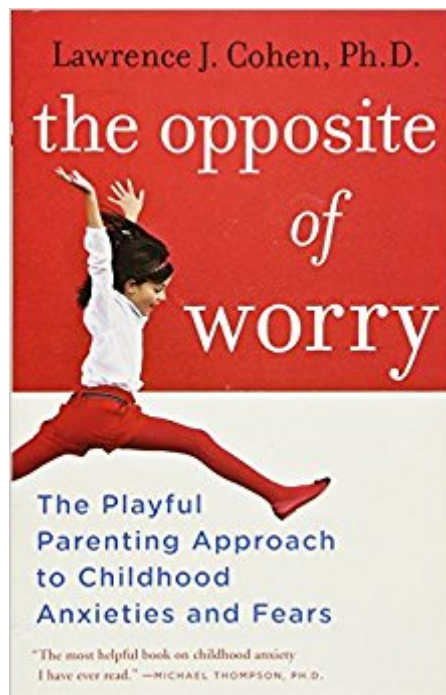




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The Opposite Of Worry: The Playful Parenting Approach To Childhood Anxieties And Fears



Synopsis

“The most helpful book on childhood anxiety I have ever read.” —Michael Thompson, Ph.D. Whether it’s the monster in the closet or the fear that arises from new social situations, school, or sports, anxiety can be especially challenging and maddening for children. And since anxiety has a mind of its own, logic and reassurance often fail, leaving parents increasingly frustrated about how to help. Now Lawrence J. Cohen, Ph.D., the author of *Playful Parenting*, provides a special set of tools to handle childhood anxiety. Offering simple, effective strategies that build connection through fun, play, and empathy, Dr. Cohen helps parents start from a place of warmth, compassion, and understanding. He teaches children the basics of the body’s “security system”: alert, alarm, assessment, and all clear. He promotes tolerance of uncertainty and discomfort by finding the balance between outright avoidance and “white-knuckling” through a fear. He finds lighthearted ways to release tension in the moment, labeling stressful emotions on a child-friendly scale. He tackles their own anxieties so they can stay calm when a child is distressed. He brings children out of their anxious thoughts and into their bodies by using relaxation, breathing, writing, drawing, and playful roughhousing. With this insightful resource of easy-to-implement solutions and strategies, you and your child can experience the opposite of worry, anxiety, and fear and embrace connection, trust, and joy. Praise for *The Opposite of Worry* “The Opposite of Worry is an informative resource for parents and other family members. The book is easy to read, comprehensive and notable for its many practical suggestions.” —New England Psychologist “Good advice for parents making daily calls to the pediatrician . . . Anxiety is a full-body sport, and Cohen’s main advice is not to treat it with words but with actions. . . . Physicality is about living in the present, and for anxious people, the present is a powerful place of healing. Intended for parents of children ages 3 to 15, this book offers anecdotes and fun anti-anxiety games.” —Publishers Weekly “Here’s the help parents of anxious children have been looking for! Dr. Cohen’s genius is in the warm and generous spirit of the strategies he outlines for parents. He grounds his playful approach in a sound explanation of how anxiety affects children, and how they heal. Parents will come away with plenty of ideas to help them develop their children’s confidence. While reading, I found myself thinking, ‘I’d like to try that for myself!’” —Patty Wipfler, founder and program director, *Hand in Hand Parenting* “If you want to understand your child’s anxiety and your own parental worries, you must read Larry Cohen’s brilliant book, *The Opposite of Worry*. Dr. Cohen is one of the most

imaginative and thoughtful psychologists you will ever encounter. He explains how and why children become anxious and then shows how we can use empathy and play to help them escape from the terrifying dark corners of childhood.

•Michael Thompson, Ph.D. "The Opposite of Worry offers a treasure trove of ideas to help children feel confident and secure. Lawrence Cohen has written a book that will help every parent of an anxious child."

•Aletha Solter, Ph.D., founder, Aware Parenting, and author of Attachment Play

Book Information

Paperback: 304 pages

Publisher: Ballantine Books (September 10, 2013)

Language: English

ISBN-10: 0345539338

ISBN-13: 978-0345539335

Product Dimensions: 5.1 x 0.7 x 8 inches

Shipping Weight: 7.8 ounces (View shipping rates and policies)

Average Customer Review: 4.9 out of 5 stars 28 customer reviews

Best Sellers Rank: #24,947 in Books (See Top 100 in Books) #38 in Books > Self-Help > Anxieties & Phobias #61 in Books > Self-Help > Emotions #114 in Books > Health, Fitness & Dieting > Psychology & Counseling > Child Psychology

Customer Reviews

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Lawrence J. Cohen, Ph.D., is a clinical psychologist specializing in children’s play, play therapy, and parenting. He is the author of *Playful Parenting* and co-author, with Michael Thompson, Ph.D., and Catherine O’Neill Grace, of *Best Friends, Worst Enemies* and *Mom, They’re Teasing Me*. Dr. Cohen leads *Playful Parenting* workshops for parents, teachers, and child-care professionals. He lives in Boston, Massachusetts, with his wife, Liz. They have two grown children.

My daughter is 5 and has had severe anxiety, particularly related to separating from me. We’ve seen experts since she was 2.5 as the anxiety was so bad it was affecting her sleep. She’d wake hourly (and scream, panicked) to make sure I was still next to her. My daughter is visually impaired and has sensory processing issues. She was legally blind for the first couple of years of her life and relied on me for navigation and to feel comfortable in the world (with her separate sensory issues). Not an easy case. We had kindergarten assessments coming up and a mom I met whose daughter also suffers from anxiety recommended this book. It’s helped us far more than any therapist/doctor/child educator we spoke with and it helped us within weeks. Seriously, my daughter has NEVER gone to a friend’s house alone, or to a class alone (save for preschool - but I went with

her for months while we desensitized her to it) or even let me go to the bathroom alone at good friends' homes. Yet last weekend she went and did two kindergarten assessments with new teachers and new kids in new places WITHOUT ME for over an hour each time and she came out BEAMING! In our case my daughter was scared I'd "disappear" and I really needed to see this from her perspective. Instead of saying there was no need to worry about that, I loved her, of course I'd be back, I really thought about it and realized if I thought she might disappear if she went to a particular place, of course I'd NEVER let her go. I'd be terrified just like she is! I conveyed this to her and told her Daddy wouldn't let me go places if I thought I might disappear, my parents wouldn't, my friends wouldn't. Also to really test the matter, for a whole week, I tried disappearing with her assistance, using magic words, etc. It never worked. So I suggested even though she worries I might, maybe she doesn't need to believe those worries. I also pretended I was very worried she might leave me and go to the North Pole. Dr Cohen teaches you to empower the child and to make it fun. And we practiced being a little bit scared so she learned that just because you might feel a little unnerved it doesn't mean everything is going to get worse. This is keeping your child at their edge. I feel like no matter what your situation, if your child is anxious, there will be information and ideas to help in this book. You do have to figure out how to adapt tactics and strategies to your family/situation...but that's the playful part and it's honestly fun. With mind blowing results. As all the kids went off with the teachers and my daughter went with them, (with NO apparent anxiety at the second school), I wanted to jump up and down with amazement. Dr Cohen, you have changed our lives and I'm telling EVERYONE about your book. Thank you. Thank you. Thank you.

This book helped me add a myriad of new items to my anxiety toolkit - both for my son and myself. It's a fantastic resource.

Best book for helping your child overcome anxiety! Helps give you and your child the tools needed to help overcome all kinds of anxiety! Truly life changing!

The Opposite of Worry: The Playful Parenting Approach to Childhood Anxieties is an excellent book. Wish I would have had it years ago, but grateful that it is not too late. Easy to read. Mr. Cohen tells it like it is and gives specific descriptions and solutions and opens up the readers eyes to how their children are seeing the world with their anxieties. I would recommend this to any parent!

Will do business again! Happy with purchase!

Now to get the parents to actually read it!

I am half the way through the book but it describes many situations in a very understandable manner. If I have read this book two years ago... this should have helped me a lot and save a lot of worries with my child. Every parent of a more sensitive and emotional child should read this book for some very easy and helping techniques or to know how to identify a good specialist to consult his child if necessary.

I love it !. Love the content and the way it's been made into audio. I'm listening to it for the second time already.

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