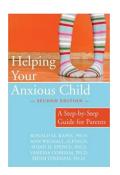
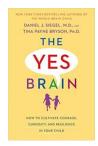
## **PARENTING STRATEGIES**



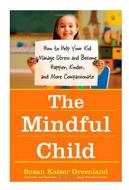
**Helping Your Anxious Child: A Step-by-Step Guide for Parents** | *December 3, 2008* 

by Ronald Rapee, PhD, Ann Wignall, PsyD, Susan Spence, PhD, Heidi Lyneham, PhD, & Vanessa Cobham, PhD



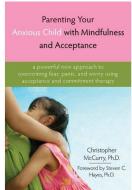
The Yes Brain: How to Cultivate Courage, Curiosity, and Resilience in Your ChildPaperback | January 8, 2019

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The Mindful Child: How to Help Your Kid Manage Stress and Become Happier, Kinder, and More Compassionate | May 4, 2010

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by Christopher McCurry, Steven C. Hayes