



## Stop Family Anxiety: A Guide for Anxiety Disorders in Parents, Grandparents, Teenagers and Children of All Ages (Paperback)

By Joan Zawatzky

BookPod, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This breakthrough book addresses the current problem of anxiety in families and the suffering of family members from anxiety disorders parents, school going or younger children, teenagers or grandparents. Step-by-step solutions are offered clearly and without jargon. This book provides families with three major ways of overcoming anxiety: 1.Stopping the cycle of anxiety spreading in families. Anxiety is like a virus. When one person suffers from anxiety, it can spread to other family members without anyone realising it is happening. Home life can begin to deteriorate and break down. 2.Ways in which a family can unite to support an anxious loved one, and how individual members can help each other to recover. 3.Information about how to cope with all common anxiety disorders, including generalised anxiety disorder, panic attacks, agoraphobia, social anxiety, phobias, obsessive compulsive disorder, post-traumatic stress disorder and separation anxiety. Conditions associated with anxiety such as depression, eating disorders, ADD/ADHD are discussed as well. The issues covered in this book include: The difference between worry, everyday anxiety and anxiety disorders. Understanding relationships and developing stronger family bonds....



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