



Shedding Anxiety

Kristen W. Kauke

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Shedding Anxiety is a story tool that was created as a resource to use with your child. The format is based on the knowledge that children learn through repeated, simple phrases, paired with pictures. Kristen uses her expertise in child therapy by guiding the reader through a simple thought process around the topic of childhood anxiety. She combines her original photography to connect familiar images to critical issues around stress and anxiety in children. At the end of the book, there are conversation starters to transfer these concepts to the reader's life.

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