



## A Path from Anxiety to Courage - One Step at a Time

*Elizabeth Birch Brown, Patricia Cawley Reid*

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A Path from Anxiety to Courage is a comprehensive manual intended for social workers, teachers, child and youth workers, therapists, psychologists, counselors, and other mental health service providers working with children and parents who are affected by anxiety. A Path from Anxiety to Courage answers questions, such as: Which skills will help children cope with their anxieties? How do I set up a support program for children struggling with various types of anxiety? How can I find anxiety support resources? How do I involve and support parents?

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