

Pointers For Parents

Addressing Anxiety

(NAPSA)—Experts estimate one in every five kids suffers from a diagnosable anxiety disorder. In fact, it's the No. 1 reason why parents bring a child to a mental health professional.

A new book, however, offers an unconventional approach to stopping the worry cycle and working through all types of fears and phobias.

According to the authors, Reid Wilson, Ph.D., and Lynn Lyons, LICSW, for example, parents who allow children to fail at times or give kids space to take reasonable risks can reduce anxiety in their children.



High Anxiety: A new book challenges basic concepts on helping fearful kids and anxious parents.

The book, "Anxious Kids, Anxious Parents" (HCI Books, \$14.95), uses current research and contemporary examples to expose common patterns and presents seven key principles to foster change.

For more information, visit www.hcibooks.com or call (800) 441-5569.

To view the authors' recent appearance on the nationally syndicated program "Katie," with Katie Couric, go to <http://katiecouric.com/videos/is-anxiety-ruining-your-family/>.