



# The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success

*Charlotte Reznick Ph.D.*

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## **The Power of Your Child's Imagination: How to Transform Stress and Anxiety into Joy and Success**

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Imagine your frustrated four-year-old calming her own anger with a few simple breaths. Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches. Or your worried eleven-year-old improving her concentration by consulting a personal wizard to help with homework.

*The Power of Your Child's Imagination* will show you how to empower your child with easy, effective, and creative skills for surviving-and thriving-in a stressful world. This indispensable guide provides nine simple tools to help children cope with stress and anxiety by tapping into their imagination to access their own natural strength and confidence. Dr. Reznick illustrates how each tool can be used every day to deal with problems such as:

- \* Stress-induced headaches and stomachaches
- \* Phobias, panic attacks, and social anxiety
- \* Bed-wetting and sleepless nights
- \* Separation anxiety and fear of the unknown
- \* Coping with death, divorce, and other losses
- \* Hurt, frustration, and anger
- \* Trouble with schoolwork and concentration
- \* Sibling rivalry and school-yard squabbles

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