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A leading clinical expert in the fields of child cognitive behavior therapy and anxiety disorders, Dr. Tamar Chansky frequently counsels children (and their parents) whose negative thinking creates chronic or occasional emotional hurdles and impedes optimism, flexibility, and happiness.

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Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness by Tamar E. Chansky (Goodreads Author)

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Freeing Your Child from Negative Thinking: Powerful, Practical Strategies to Build a Lifetime of Resilience, Flexibility, and Happiness 3.8 5 5 1 by Tamar E. Chansky Tamar E. Chansky

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Powerful, practical strategies to build a lifetime of resilience, flexibility, and happiness. Several years ago Dr. Tamar Chansky, one of the nation's leading clinical experts on children and anxiety disorders, realized that roughly half of the children she sees in her clinical practice exhibit "negative thinking."

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