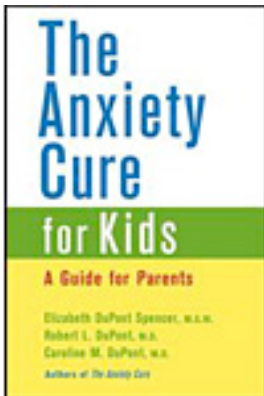


Announcing An Important New Book



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The Anxiety Cure for Kids – A Guide for Parents

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Building on the success of their widely read 1998 book for adults with anxiety (*The Anxiety Cure – An 8-Step Program for Getting Well*), this family of mental health professionals has written a groundbreaking book for children and parents. Anxiety Disorders are the most widespread and the most socially costly of all of the mental disorders. They are also the mental disorder most likely to begin in childhood.

Using their long experience with the treatment of anxiety the authors have developed a unique, easily-understood program which encourages parents and children to work together to overcome the often crippling problems of anxiety. Families on their own or, when needed, with the help of mental health professionals and modern medicines can do this difficult but rewarding work. Here is a step-by-step approach to the treatment of clinically significant anxiety problems in children, which can prevent the often-lifelong disability and distress from these disorders.

The book helps families:

- **Recognize the symptoms of anxiety in children**
- **Evaluate the child's need for medication and/or professional therapy**
- **Utilize a journal to gain a clear perspective**
- **Assess the role of the family in the anxiety problems and their solutions**
- **Set practical goals for the future – including what to do if the anxiety returns**

Key Features

The useful features of the book include two imaginary characters to help parents and children talk together about the child's anxiety problems. The *Wizard* is a wise and caring teacher who offers easily-understood techniques to deal with the terrifying and isolating experiences of anxiety. The *Dragon*, the embodiment of the panic and anxiety which torments the child, tries to get the child to stay in the dragon's prison under the guise of protecting the child from the scary things outside his prison. The Wizard teaches the family that the only food the Dragon can eat is the child's fear. As the child learns not to fear the Dragon it withers away. The child is then free to leave the Dragon's prison to pursue a more active and fulfilling life. The book's message is deepened by *Research Notes*, which bring practical summaries of the rapidly developing science of anxiety disorders and their treatments.

About the Authors

The authors are a father and two adult daughters, all mental health professionals, who have dedicated themselves to the treatment of anxiety disorders. They came to this interest in part as they confronted anxiety problems in their own family. They have learned that the strategies they used to overcome their own anxiety problems can be used in their clinical practices. Even better these same strategies have wide applicability in facing many difficult problems in family life.