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Guide to Coping with Anxiety Dessy Marinova,2022-06-24 This unique guide pairs the expertise of a trained child psychologist with the fresh voice and perspective of her young daughter to help children and their parents embark on an emotional regulation journey while strengthening their relationships and nurturing their confidence to overcome life obstacles The young readers will learn alongside their caregivers how to set goals deal with setbacks and live a life in line with their values Dr Dessy and Lora s guide will help us better understand ourselves and our loved ones recognizing why we feel and act the way we do and deepen our empathy and care for each other Using a holistic approach Dr Dessy offers step by step guidelines on managing strong emotions anytime and anyplace With simple language and fun illustrations Dr Dessy and Lora explain how our brains work with Aimie the amygdala making us feel Brightie the cerebral cortex making us think and Dooie the pre frontal cortex making us act By keenly understanding how these parts of us act and interact and practicing the lessons and exercises offered in this guide you and your child will be empowered to face fears in any setting The toolkit with strategies will help children and other family members enjoy events places and situations avoided in the past or suffered through because of baseless worries and a thousand what ifs Intended primarily for parents caregivers with children aged eight to twelve and mental health professionals this guide addresses a growing societal problem Research shows that anxiety disorders are the most prevalent mental health conditions worldwide impacting the quality of life of millions of children and their families But whether it s anxiety issues or any other strong emotions this book will help people get a handle on why they feel the things they feel and learn what to do about it Indeed the readers will be equipped to use proven science based strategies to cultivate a resilient mindset preparing them to tackle life s biggest challenges **Hidden Rituals** Suzanne

Byrd,2025-03-17 *Hidden Rituals Breaking Free from OCD as a Woman* is a groundbreaking guide that explores the often overlooked dimensions of obsessive compulsive disorder in women Drawing on personal stories clinical insights and practical Cognitive Behavioral Therapy CBT techniques this book offers a compassionate roadmap for those struggling with intrusive thoughts perfectionism and even postpartum OCD In a society that pressures women to be flawless *Hidden Rituals* reveals how deeply ingrained societal expectations can exacerbate the inner turmoil of OCD Through detailed case studies and real

life examples the book unveils the hidden battles many women face from pure O obsessions that attack from within to the overwhelming self doubt experienced by new mothers The book guides readers step by step through understanding OCD s unique manifestations in women empowering them with the tools to break free from the endless cycle of compulsions With references to seminal works such as Brain Lock and Daring Greatly it interweaves expert advice with empathetic support showing that recovery is not only possible but also a journey toward self discovery and empowerment Whether you are seeking validation practical strategies or simply a deeper understanding of how OCD uniquely affects women this book serves as an essential resource Hidden Rituals is more than a self help manual it is an invitation to reclaim your voice redefine perfection on your own terms and build a future defined by resilience hope and authenticity Let this transformative journey empower you to step beyond the hidden rituals and embrace a life of clarity and freedom

The Optimistic Seekers □ *Keys to Greatness: A Guide to Establishing a Successful, Happy, and Fulfilled Life - Spirit Edition* Joel Rodriguez Creator of The EMBS Systematic Process,2019-06-18 Joel Rodriguez grew up in poverty but through hard work he found himself with status and money Finally he had what he desperately wanted as a young boy but he felt empty While he was chasing his dreams he d neglected other areas of his life including his family and friends Keys to Greatness teaches a systematic process that will help you establish direction and balance Drawing on his own experiences the author provides a step by step course of action on finding success happiness and fulfillment He answers questions such as Why do so many people feel unhappy and unfulfilled What steps can you take to achieve true fulfillment What is the definition of true success How can you overcome obstacles The author also shares a FOCUS Process which is a complete step by step course of actions with simple concepts practical techniques and no nonsense tools and resources that will help you achieve your goals

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