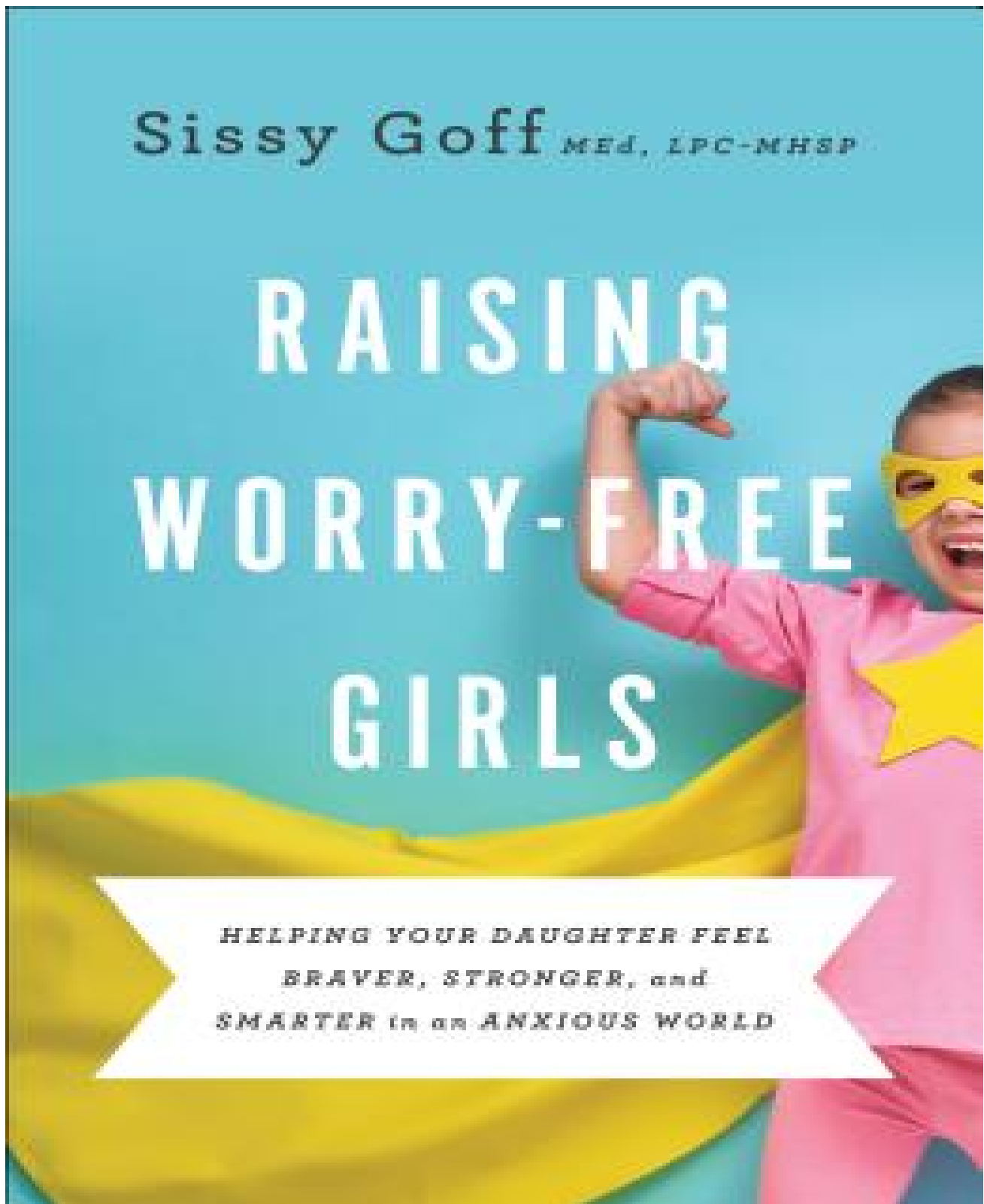
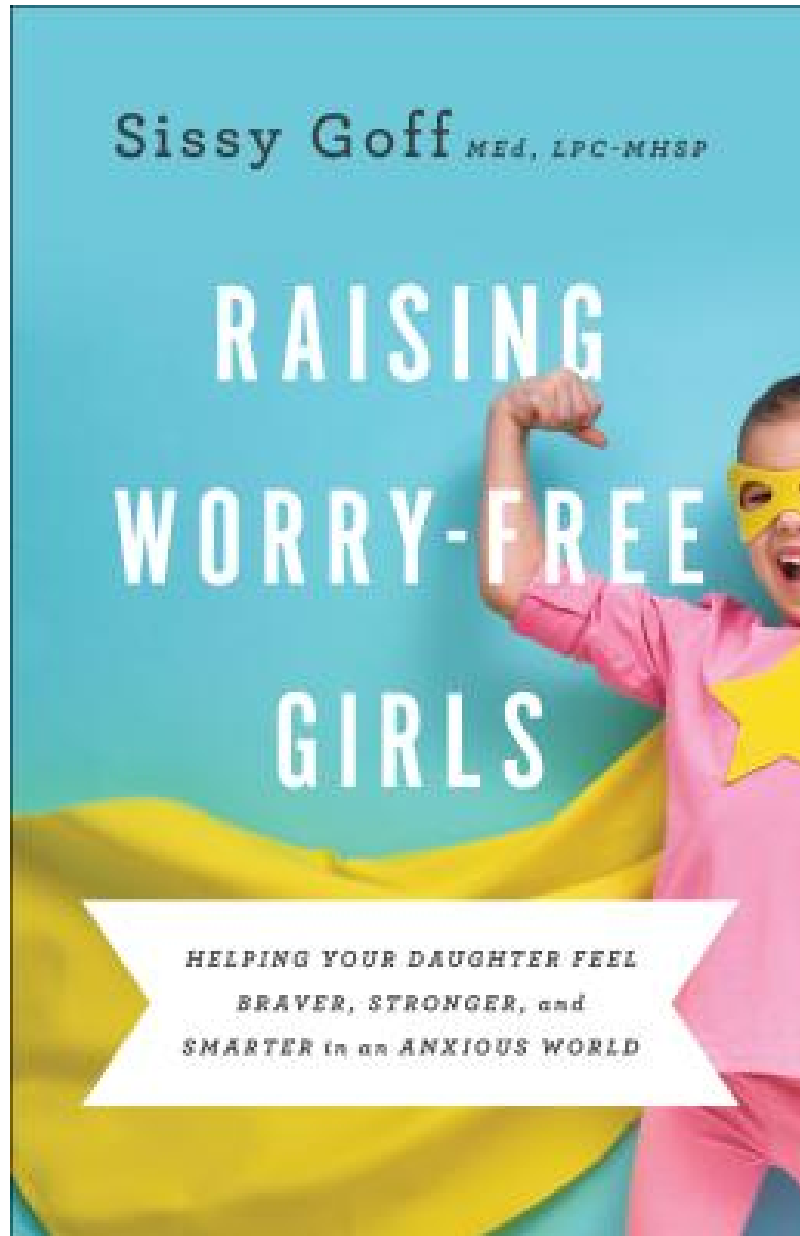


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Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World
by Sissy Goff



Synopsis:=====

If you have a daughter, it would be surprising if she doesn't struggle with anxiety and worry--either in short episodes or for longer periods. For a variety of reasons, childhood anxiety rates are soaring, especially among girls. Today's parents need to know what contributes to anxiety and worry and how they can empower their daughters to overcome troubling emotions. In this immensely practical book, veteran counselor Sissy Goff shares how you can instill bravery and strength in your daughter. Addressing common age-specific issues, Goff gives you the tools to help you and your child understand why her brain is often working against her when she starts to worry, and what she can do to fight back. With your help, she will find the anchoring truth of God's strong, safe love for her and the confidence she needs to thrive.

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