



Coping with an Anxious or Depressed Child: A CBT Guide for Parents and Carers (Coping with (Oneworld))

Samantha Cartwright-Hatton

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Does your child suffer from anxiety or depression? Are you at a loss as to what to do about it? This navigational tool, written by eminent clinical psychologist Sam Cartwright-Hatton, will tell you how to give your child the best chance of recovery, as well as offer insight into the often complicated systems of mental healthcare.

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