



## **12 Annoying Monsters: Self-talk for kids with anxiety**

*Dawn Meredith*

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helps children figure out what thought processes are causing these over-the-top reactions.

By assigning a 'monster' (such as the 'Bad Stuff Always Happens To Me Monster') to negative thoughts, a child can put the message as an influence outside their head and thereby learn to ignore it.

The funny thing about this book is that adults will flick through it and exclaim out loud, 'Oh, this one talks to me!' There are ways of thinking which are inherited, as personality, and therefore run in families. In this way, the book can stimulate conversations between parents and their children.

*12 Annoying Monsters: Self-talk for kids with anxiety* is highly recommended by counsellors, psychologists and parents.

### **Why Dawn Meredith wrote *12 Annoying Monsters***

Dawn has been working with children and their families for 25 years. After noticing how many kids suffer with panic attacks, feelings of misery and helplessness, she decided to put all her tips into this fun book as a way of helping other children and their families.

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