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Recommended Reading List

- What to Do When...

Series of books for younger kids by Dawn Huebner



- Overcoming Your Child's Fears and Worries

Book by Cathy Creswell and Lucy Willets



- Overcoming: An Introduction to Coping with...

Overcoming is a booklet series in paperback for older kids and adults. They are each about 30 pages long.



- The Skeleton Cupboard by Tanya Byron



For further reading material please visit

- www.youngminds.org.uk, where they have some very useful publications listed.
