



# Why Smart Kids Worry: And What Parents Can Do to Help

*Allison Edwards*

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## Why does my child seem to worry so much?

Being the parent of a smart child is great—until your son or daughter starts asking whether global warming is real, if you are going to die, and what will happen if they don't get into college. Kids who are advanced intellectually often let their imaginations run wild and experience fears beyond their years. So what can you do to help?

In *Why Smart Kids Worry*, Allison Edwards guides you through the mental and emotional process of where your child's fears come from and why they are so hard to move past. Edwards focuses on how to parent a child who is both smart *and* anxious and brings her years of experience as a therapist to give you the answers to questions such as:

- How do smart kids think differently?
- Should I let my child watch the nightly news on TV?
- How do I answer questions about terrorists, hurricanes, and other scary subjects?

Edwards's fifteen specially designed tools for helping smart kids manage their fears will help you and your child work together to help him or her to become more relaxed and worry-free.

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