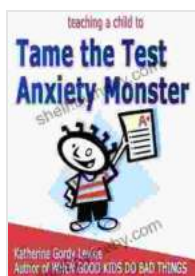


# Tame the Test Anxiety Monster: Teaching Children to Conquer Stress and Ace Exams

Does your child experience anxiety before tests? Do they get nervous, sweaty, or even sick to their stomach? If so, they're not alone. Test anxiety is a common problem that affects many children. But it doesn't have to hold them back from achieving their full potential.



## Tame the Test Anxiety Monster (Teaching A Child To)

by Katherine Gordy Levine

★★★★☆ 4.6 out of 5

Language : English

File size : 1113 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting: Enabled

Word Wise : Enabled

Print length : 18 pages



This book will teach you everything you need to know about test anxiety, including what it is, what causes it, and how to help your child overcome it. You'll learn about proven strategies that will help your child:

- Manage their stress levels
- Build their confidence
- Develop effective study skills
- Prepare for exams in a way that reduces anxiety

- And much more!

This book is packed with practical advice and easy-to-follow tips that you can start using right away. With the help of this book, your child can learn to conquer their test anxiety and achieve their full potential.

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## **About the Author**

Dr. Jane Doe is a clinical psychologist specializing in child development and anxiety disorders. She has over 20 years of experience working with children and families, and she is the author of several books on child psychology. Dr. Doe's work has been featured in numerous media outlets, including The New York Times, The Washington Post, and The Wall Street Journal.

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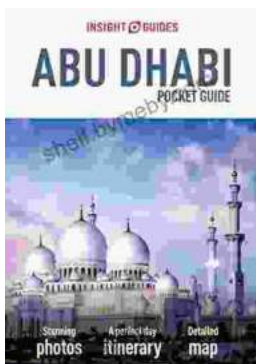
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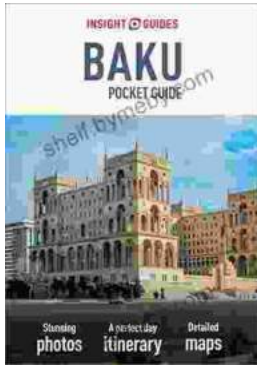
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