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## THE FEAR FIX SARAH CHANA RADCLIFFE

Nov 29, 2020



[The Fear Fix Sarah Chana Radcliffe](#)

Sarah Chana Radcliffe is a registered member of the College of Psychologists of Ontario, practicing marriage, parenting and individual counselling. She is the author of Raise Your Kids without Raising Your Voice, The Fear Fix, Harmony at Home and 6 other books on family life and emotional well-being

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SARAH CHANA RADCLIFFE practices psychology and is the author of Raise Your Kids Without Raising Your Voice as well as six books on Jewish family life and emotional well-being. She is a weekly columnist for Family First magazine and is regularly interviewed by traditional and online media across Canada, including Today's Parent and ParentsCanada.com.

[The Fear Fix - Sarah Chana Radcliffe - Paperback](#)

Sarah Chana Radcliffe offers parents a wide range of interventions, layered in such a way as to offer parents as many useful options as possible to help their kids through all the small and large anxious moments that they will inevitably encounter. For this reason, Radcliffe gives parents three levels of intervention: things they can say and/or do in the moment that can help their youngster negotiate feelings of fear; fear-calming activities and exercises they can teach their ...

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The Fear Fix will help you address your child's fear, worry and anxiety and the other two are aimed at relieving adult anxiety. All contain a wealth of practical tools and strategies. How to Heal Your Anxiety When No One Else Can by Amy Sher. The Fear Fix by Sarah Chana Radcliffe. Rewire Your Anxious Brain by Catherine Pittman . Face Fear Head On; Teach your child not to fear fear – that ...

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Friendly and authoritative, Sarah Chana Radcliffe helps parents understand the difference between "normal" and more serious anxiety, so that parents know when professional help is required and when home treatment is appropriate. With plenty of proven and sensible advice, The Fear Fix provides: strategies to help your kids through all the small and large anxious moments that they will ...

[Sarah Chana Radcliffe - Psychologist - Private Practice ...](#)

#373 – The Fear Fix with Sarah Chana Radcliffe. by Van Nuys | Oct 17, 2013 | All Shows, Developmental, Personal Growth, Psychotherapy | 3 comments. Transcript . Sarah Chana Radcliffe, M.Ed., C.Psych.Assoc. is a registered Psychologist in Ontario, Canada. Over the past 30 years, she has counseled thousands of parents, couples and individuals in her full-time private practice in Toronto ...

[The Fear Fix - Shrink Rap Radio](#)

The fear fix shows parents how to empathize with their children and at the same time support them through whatever they are struggling with. Instead of trying to fix it for them, you support your children as they go through the fear and fix it themselves. It is very empowering for your children and helps relieve them of their anxiety surrounding the fear. I recommend reading the book for the insights on how to do this. I appreciate Dr. Sarah Chana Radcliffe for her knowledge and gifts found ...

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[Sarah Chana Radcliffe – Mishpacha Magazine](#)

Sarah Chana Radcliffe practices psychology in Toronto, Canada. She is the author of Make Yourself at Home (Menucha Press 2012), The Fear Fix HarperCollins 2013) and Raise Your Kids without Raising Your Voice (HarperCollins 2006).

[The Fear Fix - Sarah Chana Radcliffe - Humanities and ...](#)

Everybody feels anxiety sometimes. It's normal. It doesn't necessarily mean you have an Anxiety disorder. It is only considered a "disorder" if it interferes with your ability to function ...

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Sarah Chana Radcliffe is the author of The Fear Fix, Make Yourself at Home and Raise Your Kids Without Raising Your Voice. Sign up for her Daily Parenting Posts. Follow Sarah Chana Radcliffe . How to Be Happy. By Sarah Chana Radcliffe. Life is hard. So many painful, disturbing and distressing events occur to us and to the world around us. Can we really be joyful in this kind of environment ...

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Sarah Chana Radcliffe, M. Ed., C. Psych., is a psychologist in private practice in Toronto, Canada and weekly family-life columnist for Family First. She is the author of the HarperCollins Publications "Raise Your Kids without Raising Your Voice" and "The Fear Fix," as well as seven books on Jewish family life and emotional well-being, including her most recent publications "Make ...

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Sarah Radcliffe, Psychologist, North York, ON, M6A, (647) 977-5903, You want deep and lasting positive change and you want it in a timely fashion. I can help. Using a variety of cutting edge ...

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Sarah Chana Radcliffe, M. Ed., C. Psych., is a psychologist in private practice in Toronto, Canada and weekly family-life columnist for Family First. She is the author of the HarperCollins Publications "Raise Your Kids without Raising Your Voice" and "The Fear Fix," as well as seven books on Jewish family life and emotional well-being, including her most recent publications "Make ...

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