



# **Raising Stable Kids in an Unstable World: A Physician's Guide to Dealing with Childhood Stress**

*David Marks*

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## **Raising Stable Kids in an Unstable World: A Physician's Guide to Dealing with Childhood Stress**

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In his ten years of medical experience, including working on the front lines of Ground Zero during the weeks after the World Trade Center tragedy, Dr. David Marks has witnessed today's children having to cope with stresses that their parents never had.

The statistics are disturbing - one out of three American children suffers from stress-related illnesses such as headaches, stomachaches, chest pains, dizziness, sleep and eating disorders and depression. In this groundbreaking book, Dr. David Marks shows how much of this suffering can be avoided, and treated without medication.

In today's mobile and global society children experience stresses resulting from an overload of organized activities, excessive pressure to succeed, ongoing exposure to violence, and perhaps the most stressful event of all: the catastrophic day of September 11, 2001, that forever changed the lives of American youth.

In this practical and informative book, Dr. Marks explains how parents and care-givers can help children of all ages cope with different types of stresses that, if not released or resolved, will result in harmful behaviors and illnesses. He explores the mind/body connection offering an engaging look at what can be done to treat and prevent stress reactions and suggests practical ways for parents to ease the stress level on their children.

Dr. Marks' findings are supported by the latest medical and psychological research and humanized by anecdotes of his experiences dealing with children as a physician and as a father.

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