

Is your Child Depressed or Anxious?

Submitted by: Babel Fish PR

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In yesterday's news a child of four has been diagnosed with depression! The symptoms? Not being able to sleep and being sick - so is this depression or is this anxiety? Charles Linden, Internationally renowned Expert in Anxiety Disorder and author of the Linden Method says "It is difficult to comment on an individual case, however In my experience those symptoms relate to Anxiety Disorder - and not depression!"

"Anxiety Disorder does not need medication or lengthy therapy- which is often diagnosed for depression - in fact these methods do nothing but exacerbate the condition - what you need to do is change the way you react to certain situations - this just takes knowledge and simple daily exercises"

Children can be just as susceptible to Anxiety Disorder as adults however, if dealt with early, it can be totally eliminated and not continue into their adult life. Charles launched the Linden Method Junior this month after receiving thousands of enquiries from worried patients.

"The method has been devised for the parents (or a teacher) to work through with the child. It is safe, requires no medication, no lengthy therapy and above all is really easy to follow and totally effective" says Charles whose adult edition has helped over 67,000 people worldwide

The Linden Method Junior includes a written Manual, audio CD, DVD for the adult and Audio CD's for the child to complete the exercises required. The system can be purchased by schools or individuals and comes complete with 12 months telephone support from trained psychologists and counsellors to ensure that the method is correctly carried out.

The Linden Method - Junior Edition can be purchased from www.thelindenmethod.co.uk or by calling The Linden Centre on 0870 1190298

For further information, interviews with Charles or to receive the Linden Method Junior Edition, please contact:

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