



# La vacuna contra el miedo: Método para vencer los miedos infantiles (Spanish Edition)

*Montse Domènech*

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**Montse Domènech vuelca en este libro sus cuarenta años de experiencia tratando a niños y adolescentes, para ofrecer a los padres un método sencillo y práctico para afrontar el problema de los miedos infantiles.**

Este libro está dirigido a todas las familias con niños de cualquier edad.

A pesar del trastorno que producen tanto en el niño como en las familias, los miedos infantiles son sentimientos naturales que contribuyen a formar la mente humana, ya que ayudan a que los niños desarrollen su imaginación, aprendan a afrontar los problemas y a protegerse de los peligros.

Para los padres, estos miedos pueden convertirse en un verdadero trastorno. Bien porque no saben cómo remediarlos o bien porque estén interfiriendo en la convivencia familiar, este problema es uno de los motivos por los que los padres buscan con más frecuencia el consejo de un profesional.

**La vacuna contra el miedo ofrece un método indispensable, práctico y sencillo para que los padres comprendan los miedos de sus hijos y les ayuden a superarlos.** Contiene la solución para los temores más comunes de los niños y que Montse Domènech ha tratado durante su trayectoria profesional: terrores nocturnos, pesadillas, sonambulismo, miedo a la escuela, a nadar, a la separación de los padres, a los ladrones, al médico, y muchos otros.

Además de explorar estos complicados estados emocionales este libro nos ofrece juegos y cuentos para leerseles a los niños antes de dormir, de forma que esta guía se convierta en una «vacuna» imaginaria que aleje los miedos de los niños y les devuelva la sonrisa de forma definitiva.

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