



Stress-Proofing Your Child

Sheldon Lewis

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The stresses of new environments, dangerous schools, and changing emotional demands take a terrible toll on children. *Stress-Proofing Your Child* catalyzes the latest research on relaxation techniques, guided imagery, and affirmations, and imparts step-by-step instruction and innovative exercises to help children deal with such sensitive issues as parental divorce, schoolyard taunting, the birth of a sibling, hospital stays, and learning disabilities. Sheldon and Sheila Lewis outline a comprehensive--and fun--program filled with clear, informative illustrations and fascinating case studies. *Stress-Proofing Your Child* is for every parent looking to help maintain a child's well-being through the tough times that they ultimately will have to confront.

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Bruce Jones:

A lot of people always spent all their free time to vacation as well as go to the outside with them household or their friend. Are you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. In order to try to find a new activity honestly, that is look different you can read any book. It is really fun for you. If you enjoy the book that you read you can spent 24 hours a day to reading a e-book. The book Stress-Proofing Your Child it is quite good to read. There are a lot of people who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy the e-book. You can m0ore quickly to read this book through your smart phone. The price is not very costly but this book has high quality.

Judith Judd:

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