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American Psychological Association



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factors stress at home upheavals in society breaks in routine isolation from friends bullying or social pressure and if left unaddressed they follow kids into their teens and adulthood causing mental emotional and relational problems that will steal their peace and joy But there is hope Bestselling author Dr Caroline Leaf helps you teach your kids how to recognize negative feelings and respond in a healthy way navigate a world that can feel scary and overwhelming manage uncomfortable or challenging situations replace toxic thoughts with brain building practices that produce better outcomes develop resilience and emotional strength Based on up to date research clearly illustrated with case studies and practically applied to the problems kids are facing today How to Help Your Child Clean Up Their Mental Mess is what parents caretakers teachers and counselors have been waiting for Dr Leaf shares a clear and effective five step plan to teach your child how to manage their mind so they can live a life with greater resilience health and happiness

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