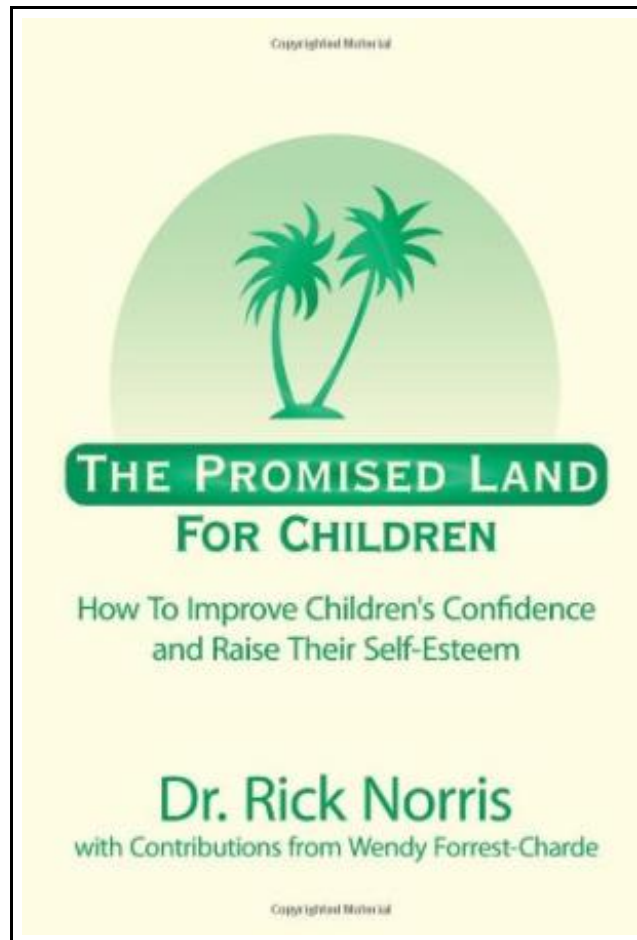


The Promised Land for Children: How to Improve Children s Confidence and Raise Their Self-esteem (Paperback)



Filesize: 1.18 MB

Reviews



Great e-book and helpful one. It usually fails to cost an excessive amount of. I discovered this publication from my dad and i encouraged this pdf to find out.

(Meagan Beahan)

THE PROMISED LAND FOR CHILDREN: HOW TO IMPROVE CHILDREN S CONFIDENCE AND RAISE THEIR SELF-ESTEEM (PAPERBACK)



AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Stress, anxiety and depression are a modern day plague, which, according to the World Health Organisation, affect hundreds of millions of people worldwide. But it isn t just adults who suffer from psychological distress, an increasing number of children are falling victim to stress, anxiety and depression. The huge scale of the problem meant that, in 2005, the UK National Institute of Health and Clinical Excellence had to produce rigorous guidelines on the treatment of children with depression, which will be stringently reviewed again in 2009. The Promised Land for Children is designed to help combat stress, anxiety and depression in children aged five to sixteen. Written for parents, teachers, child minders, grandparents, social workers and child care professionals, the book does what it says on the tin - it shows the reader how to improve children s confidence and raise their self-esteem. The book is written by Chartered Psychologist Dr Rick Norris with contributions from Wendy Forrest-Charde an experienced classroom practitioner in mainstream and special education. Written in two parts, part one provides a compelling argument for the need to help children combat the effects of psychological distress. Part one also provides a clear, simple explanation of how children s minds work when they become stressed, anxious and depressed. Part two includes a comprehensive mental fitness programme with lots of practical exercises to develop children s positive thinking skills. Rick uses professional case studies of children who have been successful in adopting a more positive approach to life, in addition to his personal experience both as the father of three school age children, and as a sports coach with children and teenagers. One of the greatest gifts we can give our...

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Relevant Books



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America Star Books, United States, 2010. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Between the good mornings and the good nights it s what...

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Polly Oliver s Problem (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. Illustrated. 224 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children s...

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**ASPCA Kids: Rescue Readers: I Am Picasso (Paperback)**

Studio Fun International, United States, 2015. Paperback. Book Condition: New. Debra Melman (illustrator). 216 x 152 mm. Language: English . Brand New Book. Fourth in the ASPCA Rescue Readers series, this Level 2 reader follows

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Sterling Publishing Co Inc, United States, 2012. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book. When spring comes, a baby calf gray whale and his mother head north to

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DK Publishing (Dorling Kindersley), United States, 2001. Paperback. Book Condition: New. American.. 224 x 150 mm. Language: English . Brand New Book. This Level 1 book is appropriate for children who are just beginning to

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**Fox All Week: Level 3 (Paperback)**

Penguin Putnam Inc, United States, 2004. Paperback. Book Condition: New. James Marshall (illustrator). Puffin Easy-To-Read ed.. 224 x 147 mm. Language: English . Brand New Book. Using their cache of already published easy-to-read books, Puffin

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