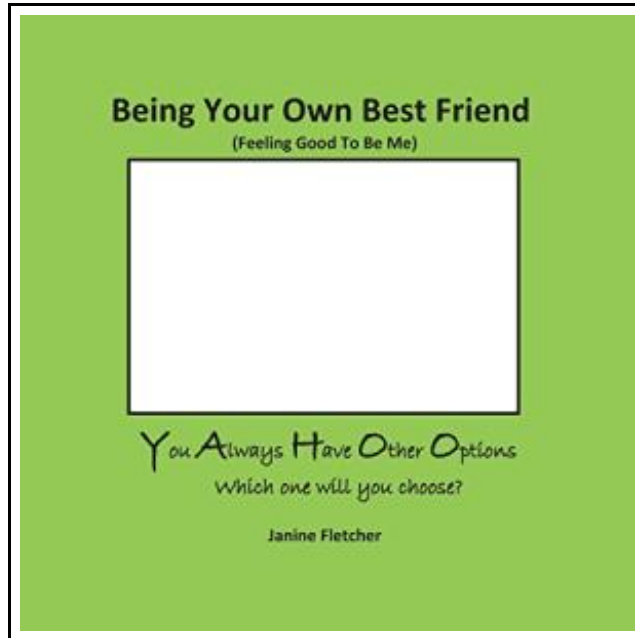


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Janine Fletcher, United States, 2014. Paperback. Book Condition: New. 2nd. 216 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Book 1 of the YAHOO (You Always Have Other Options), Feel Good Series. The information in this child-friendly book is based on the latest developments in neuro-science. It is designed to give children the knowledge and tools they need to help them to become their own best friend. Through the use of positive self-talk and body awareness, Being Your Own Best Friend provides tools and strategies to help develop self confidence and a positive mental attitude. The children become the illustrator of this book by drawing in the picture frames provided. As well as personalizing the book and being a wonderful keep-sake, the child s illustrations provide a great insight into the way he/she is processing the information being presented as well as providing the opportunity to reinforce the concepts that help to develop a positive mental attitude and self-image. They are great. To my knowledge nothing exists that presents the comprehensive coverage of research knowledge in a form so accessible to children and parents. .Certainly, they meet a great need in the promotion of wellbeing area for children and adolescents. .Well done on such a great idea and on the good and useful books you have produced. Eleonora Gullone, PhD, FAPS Associate Professor School of Psychology and Psychiatry Faculty of Medicine, Nursing, and Health Sciences, Monash University.



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