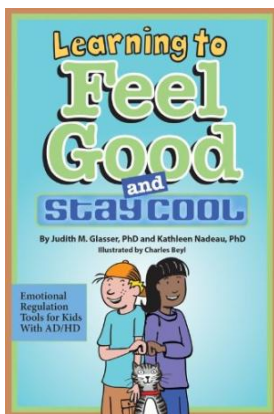


Get Kindle

LEARNING TO FEEL GOOD AND STAY COOL: EMOTIONAL REGULATION TOOLS FOR KIDS WITH AD/HD (HARDBACK)



American Psychological Association, United States, 2013. Hardback. Book Condition: New. Charles Beyl (illustrator). 232 x 156 mm. Language: English . Brand New Book. Did you know that there are things you can do every day to help you feel better more often? It s true! Packed with practical advice and fun activities, this book will show you how to: * Understand your emotions* Practice healthy habits to stay in your Feel Good Zone* Know the warning signs that you are...

Download PDF Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD (Hardback)

- Authored by Judith M. Glasser, Kathleen G. Nadeau
- Released at 2013



Filesize: 9.46 MB

Reviews

I just began looking over this ebook. It really is writter in straightforward words and phrases instead of hard to understand. You wont truly feel monotony at whenever you want of the time (that's what catalogues are for relating to should you request me).

-- **Harrison Mayert**

Here is the very best publication we have study right up until now. It is amongst the most incredible publication we have read through. I am very easily could get a satisfaction of reading through a created publication.

-- **Tillman Hills**

Very helpful for all class of people. This is certainly for anyone who statte there was not a really worth reading through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Mable Corkery**