



## Being Your Own Best Friend

By Janine Fletcher

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...



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### Reviews

*Great electronic book and useful one. It can be written in straightforward terms rather than difficult to understand. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Kian Harber**

*Comprehensive information for book fans. It is one of the most amazing books I actually have read. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Yoshiko Okuneva**