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No More Stinking Thinking: A Workbook for Teaching Children Positive Thinking

By Joann Altiero

JESSICA KINGSLEY PUBLISHERS, United Kingdom, 2007.

Paperback. Book Condition: New. 274 x 214 mm. Language:

English . Brand New Book. This workbook, developed after 23

years of work with children, is designed to help children

change their stinking thinking. Stinking Thinking are ways children think that cause them to be anxious, depressed, angry, guilty, frustrated, embarrassed, insecure, or jealous. The

exercises help children ages 6 to 12 years develop cognitive

skills, positive thought patterns, and resilience to cope with

daily hardships. The wizard theme is attractive to children and

encourages them to interact with parents or therapists as they

practice the concepts. Therapists and parents will find this

workbook user-friendly, attractive, and fun. It is a valuable

adjunct to cognitive behavioral approaches. Children are

fascinated with wizards and enjoy the exercises. - Virginia Child

Protection Newsletter This ingenious workbook, designed for

use by psychologists, teachers or parents, is highly visual and

interactive and could beneficially be used with individuals and

groups of children. Based on the CBT approach, it encourages

children to explore their negative thinking patterns which in

turn enhances their ability to cope with daily challenges. The

author has cleverly used the world of magic as a backdrop...



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Reviews

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