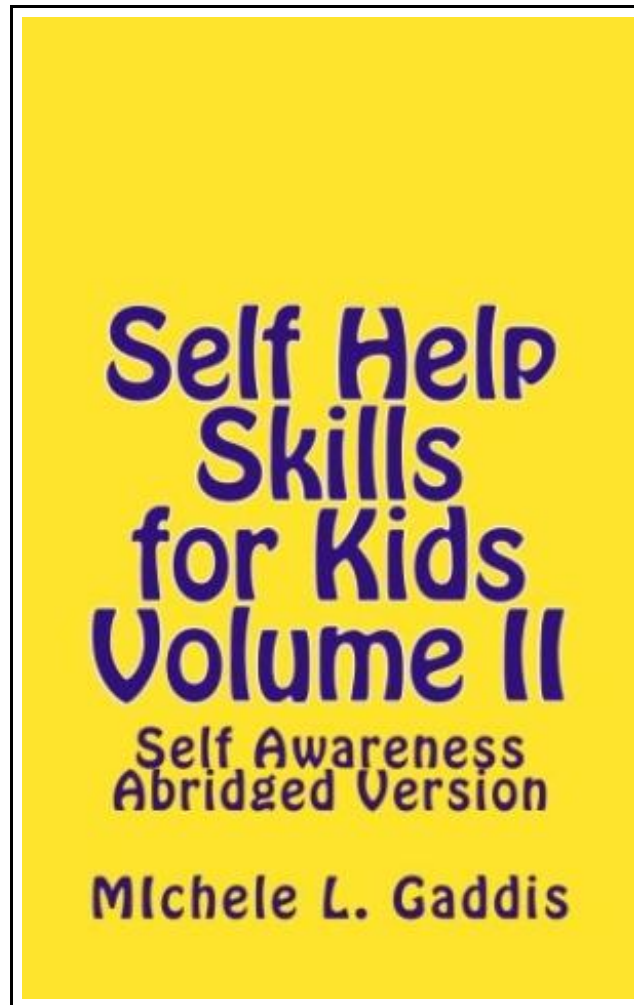


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Createspace, United States, 2014. Paperback. Book Condition: New. Abridged. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Self-Help Skills is a book written for kids with the help of kids. When asked why young people have drug and substance abuse issues, being bullied and bullying others, as well as depression and suicide, my sixth grade students answered with courage and honesty. They said and wrote things that helped us to understand how severe their needs are. Hundreds of comments, both written and spoken, caught my attention. My next questions were: What do you need? How can I help? What can we do together to make it better for ourselves and others? Again their answers led us to asking more and more questions; to writing and reading more information that eventually resulted in this book. This book is for kids, written with the help of kids. The goal is to empower all readers. Volume I contain lessons to help kids be physically and emotionally safe. Volume II is about self-awareness skills. Volume III is for relationships and being in service to others.



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