



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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