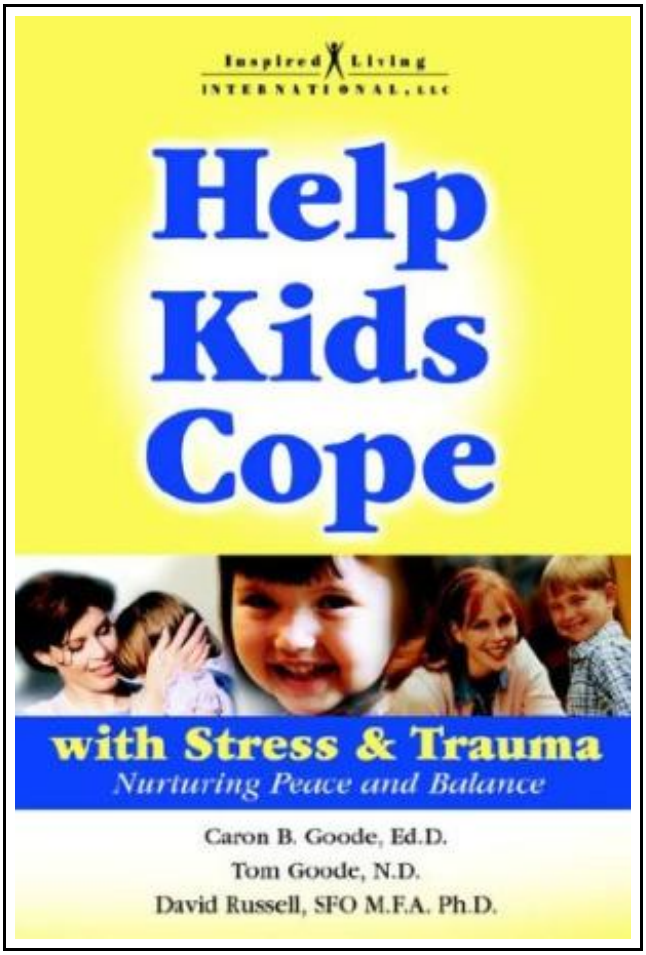
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Inspiredlivinginternational. LLC, United States, 2006. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In Help Kids Cope with Stress Trauma, the authors show parents and others who care for children how to identify, heal and prevent stress, anxiety, panic, and trauma. These renowned experts in psychology, health and wellness, reveal a model for creating a healthy lifestyle. They explain to you precisely how the body and mind interact with a stressful world, and then suggest activities to manage your energy and help your children regulate theirs. By now, you are aware of the problem created for children by the global stress epidemic. The authors present four solutions-(1) stress integration through a healthy lifestyle, (2) rejuvenation techniques like breathing, (3) cognitive approaches like storytelling, and (4) emotional approaches like bonding. . Help Kids Cope tells you how to assist children to feel safe and grow into resilient, confident adults. Help Kids Cope is the second book in the Inspired Parenting Series.

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