

## Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD (Hardback)



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### ***Reviews***

*Completely one of the best publication I actually have ever study. I really could comprehended almost everything out of this written e publication. Your daily life span will likely be change as soon as you total reading this publication.*

*(Prof. Adolph Wisoky)*

## LEARNING TO FEEL GOOD AND STAY COOL: EMOTIONAL REGULATION TOOLS FOR KIDS WITH AD/HD (HARDBACK)



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American Psychological Association, United States, 2013. Hardback. Book Condition: New. Charles Beyl (illustrator). 232 x 156 mm. Language: English . Brand New Book. Did you know that there are things you can do every day to help you feel better more often? It s true! Packed with practical advice and fun activities, this book will show you how to: \* Understand your emotions\* Practice healthy habits to stay in your Feel Good Zone\* Know the warning signs that you are heading into your Upset Zone\* Feel better when you get upset\* Problem-solve so upsets come less often\* And much more! Learning to Feel Good and Stay Cool also includes a note and resources for parents. Get ready to take charge of your emotions and start feeling better!.



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