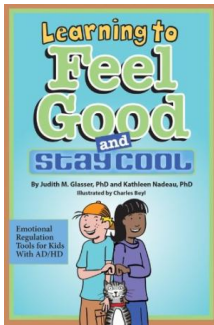


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LEARNING TO FEEL GOOD AND STAY COOL: EMOTIONAL REGULATION TOOLS FOR KIDS WITH AD/HD



American Psychological Association. Paperback. Book Condition: new. BRAND NEW, Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD, Judith M. Glasser, Kathleen G. Nadeau, Charles Beyl, 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* ...

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- Authored by Judith M. Glasser, Kathleen G. Nadeau, Charles Beyl
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