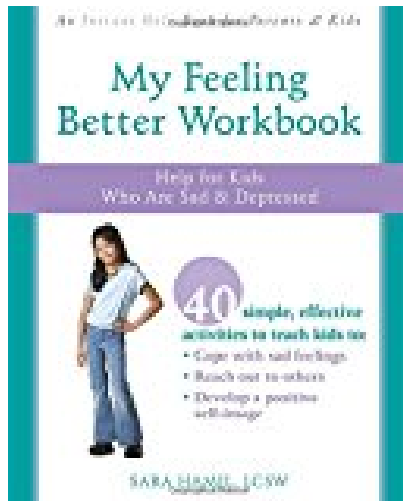


My Feeling Better Workbook Help for Kids Who Are Sad and Depressed



BOOK DETAILS

- Author : Sara Hamil LCSW
- Pages : 136 Pages
- Publisher : Instant Help
- Language : English
- ISBN : 157224612X



BOOK SYNOPSIS

Presents activities based on cognitive behavioral therapy, play therapy, and art therapy to help children explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem.

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