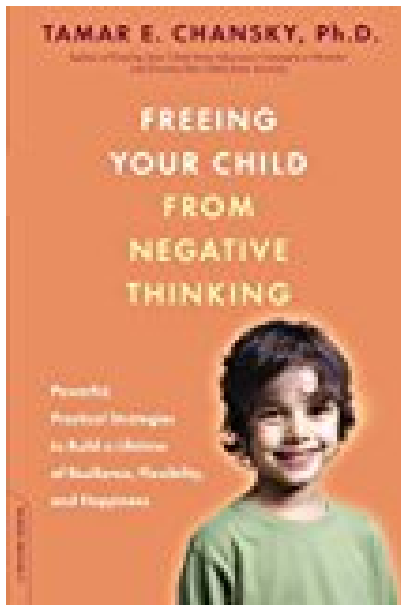


# Freeing Your Child from Negative Thinking Powerful Practical Strategies to Build a Lifetime of Resilience Flexibility and Happiness

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## BOOK DETAILS

- Author : Tamar E. Chansky
- Pages : 336 Pages
- Publisher : Da Capo Lifelong Books
- Language : English
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## **BOOK SYNOPSIS**

Analyzes the underlying causes of childrens negative attitudes and provides strategies to help parents and their children manage negative thoughts, build optimism, and establish emotional resilience.

### **FREEING YOUR CHILD FROM NEGATIVE THINKING POWERFUL PRACTICAL STRATEGIES TO BUILD A LIFETIME OF RESILIENCE FLEXIBILITY AND HAPPINESS**

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