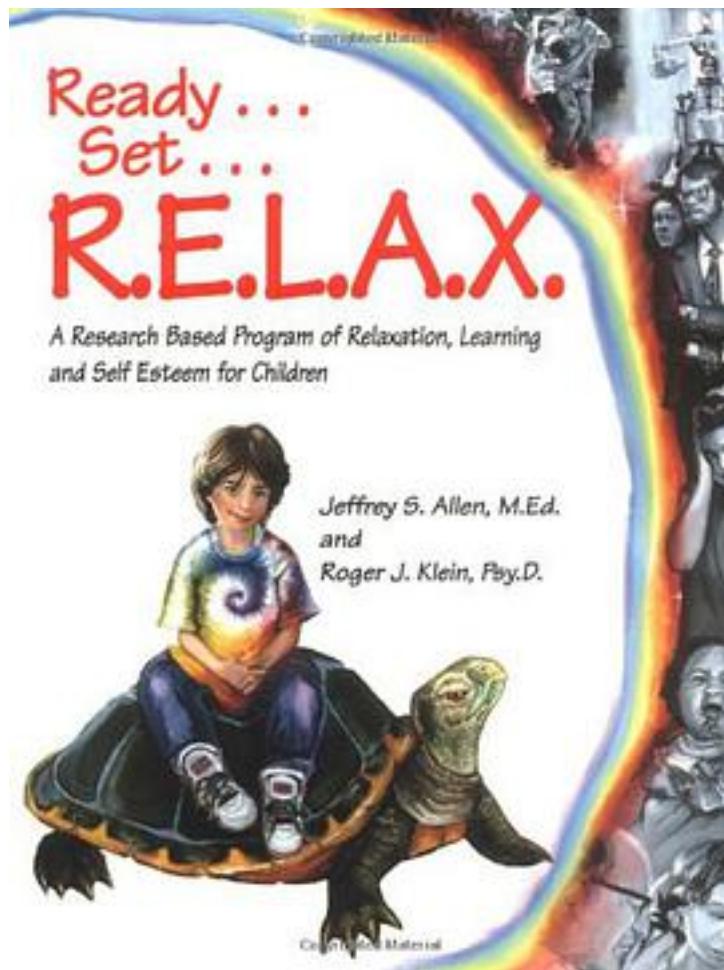


Ready, Set, Relax



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著者:Allen, Jeffrey S./ Klein, Roger J.

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Unlike many current books on relaxation and imagery, this book is based on two years of comprehensive research. The research was conducted because of the author's

concerns about the debilitating effects of stress on children. They examined the use of music, relaxation and positive thinking on children's self-report of anxiety, depression and self-concept.

作者介绍:

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