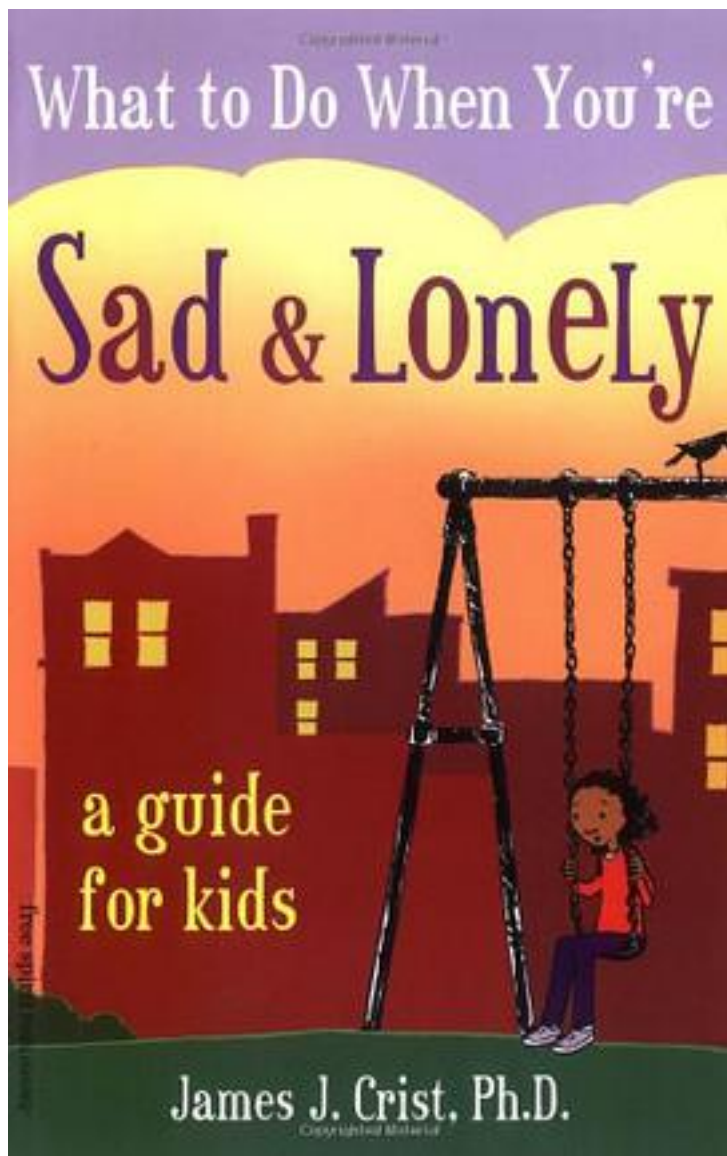


What to Do When You're Sad and Lonely



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出版者:Free Spirit Pub

出版时间:2006-9

装帧:Pap

isbn:9781575421896

Everyone feels sad and lonely sometimes. Increasing numbers of children are living with depression, often unrecognised or diagnosed. Here is a book that kids can turn to when they need advice, reassurance, and ideas. The author explains how the body and mind react to painful feelings of sadness and loneliness, then offers "Ten Tips for Beating the Blues" - coping skills kids can read, learn, and practice. Additional strategies help kids get a handle on their feelings, make and keep friends, and enjoy their alone time. The second part of the book focuses on depression, bipolar disorder, grief, and other problems too big for kids to handle on their own, and how to ask for help, in a way that works.

作者介绍:

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