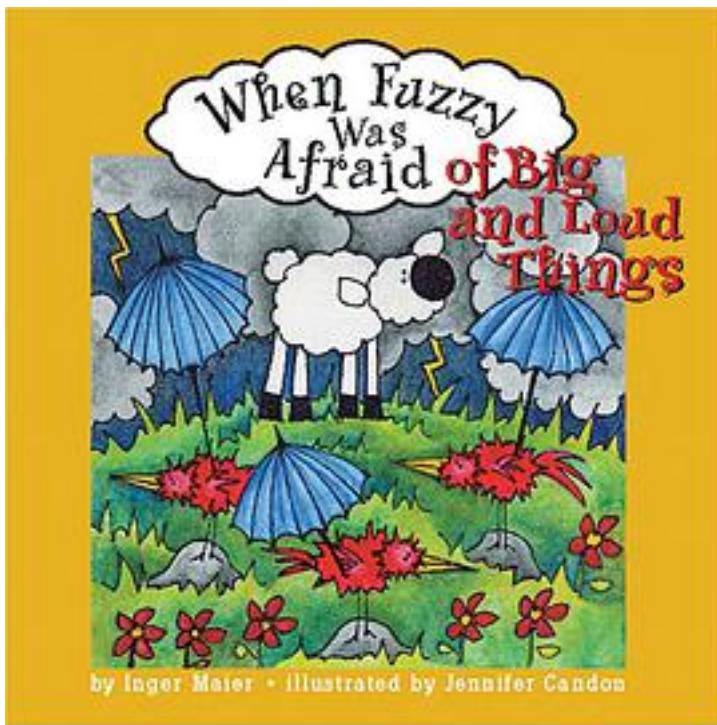


When Fuzzy Was Afraid of Big and Loud Things



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著者:Maier, Inger M./ Candon, Jennifer (ILT)

出版者:Amer Psychological Assn

出版时间:2005-10

装帧:HRD

isbn:9781591473220

When Fuzzy the little sheep is afraid of loud noises such as thunder and lightning, and the big farm animals that make big sounds, his father gently encourages and reassures him, while giving him practice in simple imagery, coping scripts, and step-by-step behavioral changes. Fuzzy's fears are depicted in ways that the young child can recognize. Examples of coping strategies are interwoven with humorous imagery, self-soothing thoughts, and realistic expectations. Full-color illustrations.

作者介绍:

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