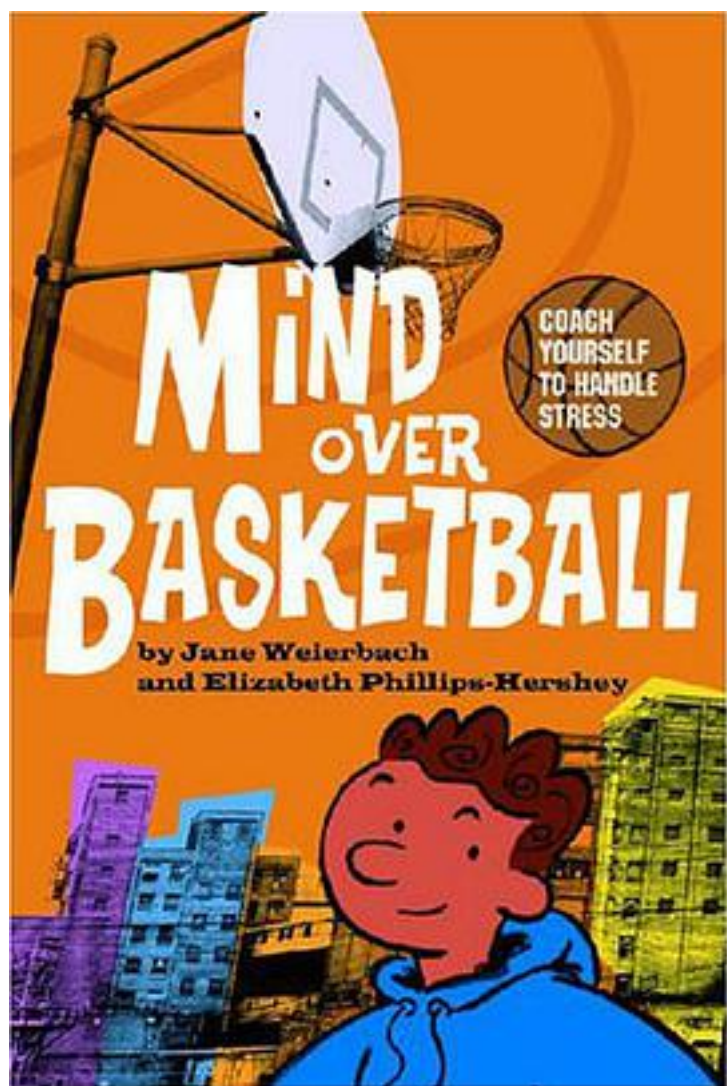


Mind Over Basketball



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Can things get any worse? Tuck's parents are divorced. He misses his dad. He's in a new house, new town, new school. And to top it off, he can't get court time to practice for the basketball team tryouts. Life feels like one big air ball. Then Coach Walton shows up, and he shows Tuck not just how to play but how to handle all the pressures that kids face, both in the game and in life. Written from a Mindfulness-Based Stress Reduction perspective, this positive, engaging story for readers ages 8 to 12 incorporates coaching guides with skills-training exercises help kids learn to coach themselves through everyday worry and stress. Mindfulness and cognitive skills included are designed to teach kids to focus on "now," use their breath to keep their cool, make choices that work, focus on the things that deserve attention, re-direct worries, and use rational and positive self-talk. Ideal for use with kids by parents, teachers, therapists, guidance counselors, and coaches, this book can be used as a text for small groups, classrooms, and counseling sessions.

作者介绍:

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