The Power of Your Child's Imagination

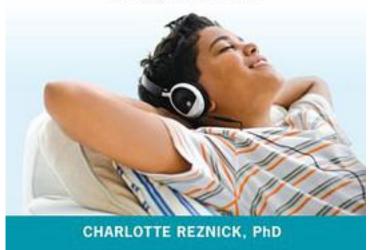
"Simple, practical, brilliant. What a wonderful world it will be when all families give their children the gifts presented in Dr. Reznick's book."

—Harvey Karp, MD, FAAP, creator of the book and DVD

The Happiest Toddler on the Black

THE POWER OF YOUR CHILD'S IMAGINATION

How to Transform Stress and Anxiety into Joy and Success



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著者:Reznick, Ph.D., Charlotte

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Imagine your frustrated four-year-old calming her own anger with a few simple breaths. Picture your fourth grader visualizing an ice blue pillow to cool his hot headaches. Or your worried eleven-year-old improving her concentration by consulting a personal wizard to help with homework.

The Power of Your Child's Imagination will show you how to empower your child with easy, effective, and creative skills for surviving-and thriving-in a stressful world. This indispensable guide provides nine simple tools to help children cope with stress and anxiety by tapping into their imagination to access their own natural strength and confidence. Dr. Reznick illustrates how each tool can be used every day to deal with problems such as:

- * Stress-induced headaches and stomachaches
- * Phobias, panic attacks, and social anxiety
- * Bed-wetting and sleepless nights
- * Separation anxiety and fear of the unknown
- * Coping with death, divorce, and other losses
- * Hurt, frustration, and anger
- * Trouble with schoolwork and concentration
- * Sibling rivalry and school-yard squabbles

作者介绍: 目录:

The Power of Your Child's Imagination_下载链接1_

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