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managing negative thoughts ...

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3 Handy Ways to Help Your Child Overcome Negative Thinking

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With practical tools for parents to guide their children through these challenges, Freeing Your Child from Negative Thinking is the handbook all parents need to help their children cultivate emotional resilience"-- Provided by publisher. Freeing your Child From Negative Thinking Powerful, Practical Strategies to Build A Lifetime of Resilience, Flexibility, and Happiness From Toddlers to Teens (Paperback) : Chansky, Tamar E.

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