



Don t Be Afraid (Paperback)

By Marycynthiagrace M Johnsen

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Sandi S Desai (illustrator). Language: English . Brand New Book ***** Print on Demand *****. Created by a mental health counselor and a game designer, together, this book is an eye catching children s story book. It teaches children how to manage their own fears and anxieties with the guide of their parents. This is done by showing how to implement a calming down technique. Parents, the more you read this book aloud to your children, the more natural it will become for them to utilize the learned skill to tackle their greatest fears. On the same note, you can enhance your child s communication skills because this book also prompts questions on what it means to be afraid. It is perfect for children who often suffer from high anxiety.

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