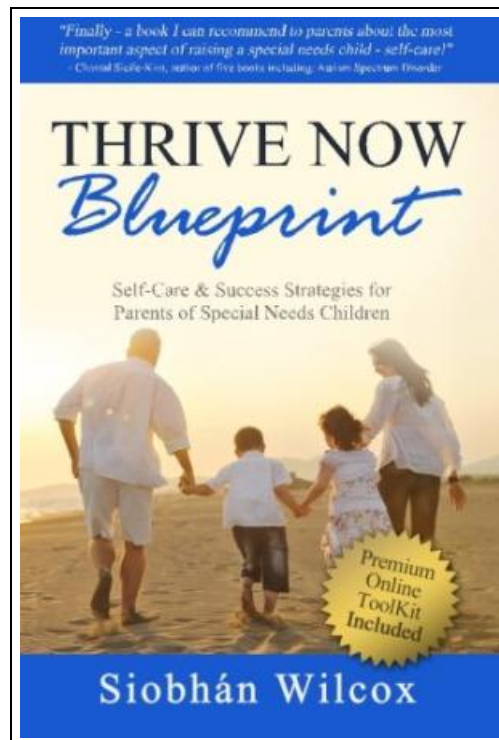


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THRIVE NOW BLUEPRINT: SELF-CARE SUCCESS STRATEGIES FOR PARENTS OF SPECIAL NEEDS CHILDREN



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Wilcox-Ward Group Inc, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Thrive Now Blueprint- Self-Care and Success Strategies for Parents of Special Needs Children, is an empowering and essential book for all involved in the world of special needs. (Special Needs such as: - Autism Spectrum Disorder, Aspergers Syndrome, ADHD/ADD, Down Syndrome, Cerebral Palsy, Mental Health, Emotional Disturbance, Physical Disability) This book offers simple and easily applied tools and techniques to reduce stress levels, create a life of deeper self-awareness with more energy and greater well-being. This book will support parents of special needs children with intellectual, developmental or physical disability, as well as professionals working in the field. Combining her personal experience with her professional expertise, Siobhan Wilcox has created a powerful support system with this book and her comprehensive on-line resource exclusively for readers of Thrive Now Blueprint. -Create success mindset -Increase energy levels -Build self-esteem -Reduce stress -Improve sleep -Balance nutrition -Deepen spirituality -Create a unique Thrive Now Blueprint Siobhan Wilcox has over two decades of experience as a Stress Management Expert and Spiritual Life Coach. As the mother of two beautiful boys, one on the autism spectrum, she knows first hand the daily challenges that parenting a special needs child can hold. Siobhan is a speaker and has supported many non-profits and their staff as well as parents groups. Having studied many different areas related to increasing wellbeing and health since 1990, it is her passion to support her clients to live with more energy and passion. To find out more about Siobhan please visit.



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