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The forty-two simple activities in this
workbook help kids explore their
feelings and combat the negative self-
talk that depletes their motivation and
self-esteem. Based on cognitive
behavioral therapy, play therapy, and
art therapy, this series of activities is
designed to help children cope with
painful feelings and feel happy again.

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through just one activity a day, you can empower him or her with the skills necessary to overcome sadness and low self-esteem and live an active, joyful life.

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The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive

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behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.

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Feeling Better: CBT Workbook for Teens teaches teens how to untangle the negative thoughts, emotions, and behaviors that can trick them into feeling anxious or sad and make it hard to do the things they want to. Through interactive exercises that tackle common issues at home, work, or with friends, this book gives teens the tools they need to deal with anything life throws their way.

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trauma, or struggling with what

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they're feeling inside. We've also been pleasantly surprised by the number of teens and even for adults using the workbook for similar reasons. We all deal with emotions every day of our lives (both our own and those of the people we come into contact with). This workbook can help you, and them, to

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The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.

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The forty-two simple activities in this workbook help kids explore their feelings and combat the negative self-talk that depletes their motivation and self-esteem. Based on cognitive behavioral therapy, play therapy, and art therapy, this series of activities is designed to help children cope with painful feelings and feel happy again.

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The Feeling Good Handbook outlines cognitive errors that people make, and it is so helpful in cognitive therapy. It makes things clear and easy to understand. I also have The Feeling Good book... but I found that this handbook was much easier to follow along with, it had a better layout, and an easier format to continually refer back to.

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