



Learning to Feel Good and Stay Cool: Emotional Regulation Tools for Kids with AD/HD (Hardback)

By Judith M. Glasser, Kathleen G. Nadeau

American Psychological Association, United States, 2013.
Hardback. Book Condition: New. Charles Beyl (illustrator). 232 x 156 mm. Language: English . Brand New Book. Did you know that there are things you can do every day to help you feel better more often? It s true! Packed with practical advice and fun activities, this book will show you how to: * Understand your emotions* Practice healthy habits to stay in your Feel Good Zone* Know the warning signs that you are heading into your Upset Zone* Feel better when you get upset* Problem-solve so upsets come less often* And much more! Learning to Feel Good and Stay Cool also includes a note and resources for parents. Get ready to take charge of your emotions and start feeling better!.



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