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Mary Ellen Guffey

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Parent-Child Guide to Coping with Anxiety Dessy Marinova,2022-06-24 This unique guide pairs the expertise of a trained child psychologist with the fresh voice and perspective of her young daughter to help children and their parents embark on an emotional regulation journey while strengthening their relationships and nurturing their confidence to overcome life obstacles The young readers will learn alongside their caregivers how to set goals deal with setbacks and live a life in line with their values Dr Dessy and Lora s guide will help us better understand ourselves and our loved ones recognizing why we feel and act the way we do and deepen our empathy and care for each other Using a holistic

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