

Download The Kids Guide To Staying Awesome And In Control Simple Stuff To Help Children Regulate Their Emotions And Senses

Packed with simple ideas to regulate the emotions and senses, this book will help children tackle difficult feelings head-on and feel awesome and in control! Meet Self-Control, a superhero who wants to teach young children his super powers of self-control! Anxiety, frustration, anger, and other difficult feelings won't stand a chance against their new-found powers. Former bodybuilder gave up food for urine — here's why that's not healthy. John DePass has been in the fitness industry for 30 years and says that "unfooding" is the way to live. Weebly makes it surprisingly easy to create a high-quality website, blog or online store. Over 40 million people use Weebly to bring their unique ideas to life.