



Emotional Release for Children: Repairing the Past, Preparing the Future

Mark Pearson, Patricia Nolan

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Focusing on past experiences to begin the process of emotional healing, this book provides methods for helping children and adolescents experiencing depression, fear, hidden grief and unpredictable anger to release such emotional stress and develop their happiness and emotional well being. Devised by experienced counselors, this book includes clear, step-by-step games and exercises for encouraging children's growth of self-awareness and reclaiming of self-esteem.

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