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Stress and Your Child

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Stress and Your Child

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Stress and Your Child Archibald Hart
Stress can make kids moody, resentful, insecure, and even sick. This book is an invaluable resource for stress-management that will enhance kids' lives today-and may save their lives tomorrow. It offers insight on dealing with everyday stress and provides examples of simple things that can be done to safeguard against stress overload and the mental and health problems that come with too much stress.

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