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series of activities is
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children who are sad
and depressed, and
you might not even
realize how much you
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working through this
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child through just one
activity a day, you can
empower him or her
with the skills
necessary to
overcome sadness
and low self-esteem
and live an active,
joyful life.

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teaches teens how to untangle the negative thoughts, emotions, and behaviors that can trick them into feeling anxious or sad and make it hard to do the things they want to. Through interactive exercises that tackle common issues at home, work, or with friends, this book gives teens the

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tools they need to
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trauma, or struggling
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even for adults using
the workbook for
similar reasons. We
all deal with emotions
every day of our lives
(both our own and
those of the people
we come into contact
with). This workbook
can help you, and
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designed to help
children cope with
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