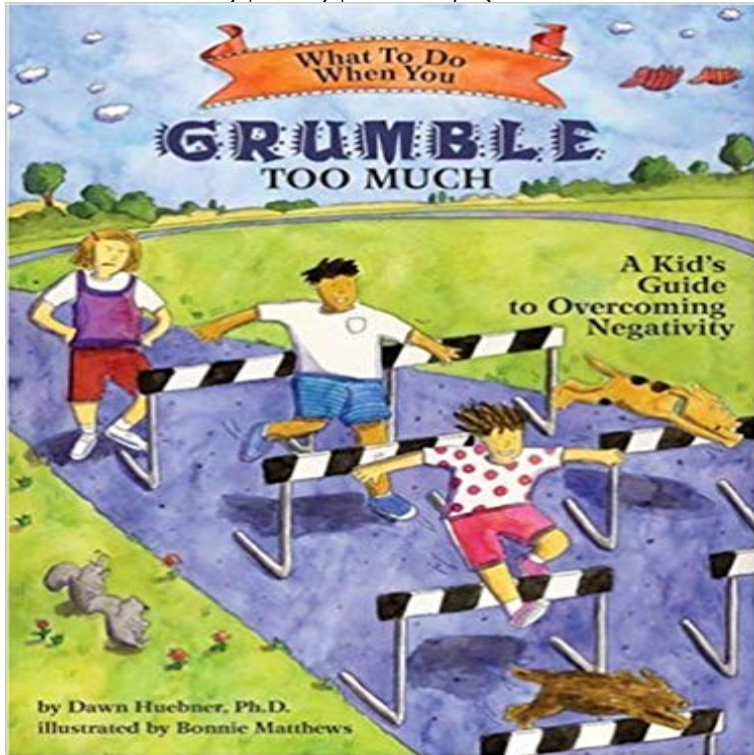


What to Do When You Grumble Too Much: A Kids Guide to Overcoming Negativity (What to Do Guides for Kids)



An interactive self-help book that guides 6- to 12-year-old children and their parents through the cognitive-behavioral techniques used to treat negative thinking. This What to Do guidebook aims to empower children to work toward change.

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