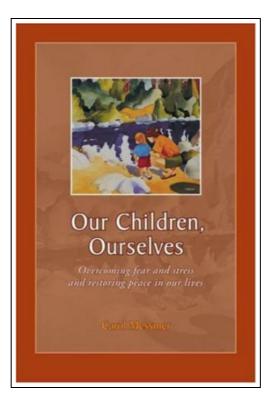
## Our Children, Ourselves: Overcoming Fear and Stress and Restoring Peace in Our Lives (Paperback)



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## Reviews

Absolutely essential study publication. It usually fails to expense an excessive amount of. Your lifestyle period will probably be transform when you full looking at this publication. (Ms. Allene Conroy)

## OUR CHILDREN, OURSELVES: OVERCOMING FEAR AND STRESS AND RESTORING PEACE IN OUR LIVES (PAPERBACK)



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iUniverse, United States, 2005. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. What kind of impact have recent events had on today s kids-from the London bombings and 9/11, to the Iraq War and Columbine High School? Many children are distressed and frightened by such events, and parents may not know what to say to address their concerns. In addition, many children are overwhelmed by the everyday pressures to succeed academically, athletically, and socially. Parents face enormous pressure to provide for their families and to help their children develop positive self-concepts through success in overcoming obstacles and achieving their goals. Parents must teach their children about responsibility, character, and integrity-all while the media exposes the latest scandal involving sports idols, government leaders, and others in positions of trust. It s a constant challenge to give children a sense of security in a world where terrorism and war make the daily headlines. With such difficulties facing them, how do parents both protect children and prepare them to feel confident and comfortable in today s world? In Our Children, Ourselves, you Il discover techniques for removing the fears of inadequacy and rejection that often intensify children s stress. Find out how to redirect self-defeating behaviors and confront life s challenges so that you and your children can experience more peace of mind and joy in your lives.

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