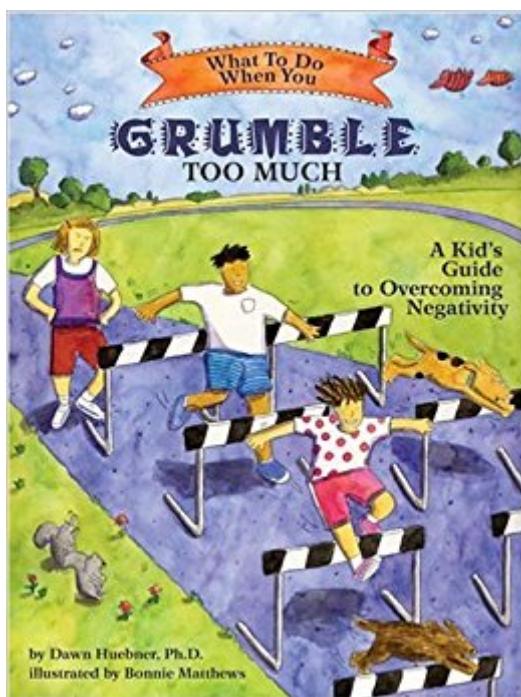


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# What To Do When You Grumble Too Much: A Kid's Guide To Overcoming Negativity (What To Do Guides For Kids)



## **Synopsis**

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.

## **Book Information**

Series: What to Do Guides for Kids

Paperback: 88 pages

Publisher: Magination Pr; 1 edition (August 2006)

Language: English

ISBN-10: 1591474507

ISBN-13: 978-1591474500

Product Dimensions: 0.2 x 8.5 x 11 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 99 customer reviews

Best Sellers Rank: #7,481 in Books (See Top 100 in Books) #114 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings #175 in Books > Medical Books > Psychology > General #594 in Books > Health, Fitness & Dieting > Psychology & Counseling

Age Range: 7 - 10 years

Grade Level: 4 - 5

## **Customer Reviews**

"Dr. Huebner has a gift for describing abstract issues in simple, concrete terms...a unique resource that helps children practice how to think differently. Highly recommended." -- Carina Ziemek, MA, School Counselor

What-to-Do author Dawn Huebner, Ph.D., is a clinical psychologist in Exeter, New Hampshire, specializing in the treatment of children and their parents. The whimsical art of Bonnie Matthews appears in many children's books and magazines. She lives in Baltimore.

This is a terrific book, and not just for kids who grumble. It's great for everyone, including parents. It talks about looking at things that happen in life as not good or bad... instead it teaches you just to accept that events happen in life. The events don't change, but how you respond can be drastically

different. It's such a wonderful book! My kids, ages 4 and 6 love this book. And, it's one you want to own. Not a library book because they will go back to it over and over. We didn't draw it in. Instead, we just talked through what we would draw or imagine in our minds eye. [...]

Best set of books to give younger children applicable coping skills. The books have short easy to read chapters. The tips on dealing with different issues are age appropriate and easy to learn. I would say this set of books is best suited for 2nd-6th graders based on the reading level. Although the skills could be used by any age. I purchased a couple different titles. I wouldn't mind owning the entire series, just to keep as reference books.

This is a fantastic book. It engages my child (which is not an easy task as he doesn't care for reading). This is an excellent approach to making them see things that are not easy to get through to them. I find it helpful for myself as well:) My 9 year old really enjoys drawing the pictures and doing this workbook together and I have noticed that it really is sinking in.

Got this for my emotional 6 year old who had fun with most of the activities. She would draw in spots instead of writing answers, and we went through the book together. It was great at teaching about negativity, "hurdles", and choosing to overcome them. It became difficult as it doesn't offer the best coping strategies, but really is meant to be generated by the kids doing the activity. This is good because the strategies need to be self created in order to work.

Wow a great tool - I have a son that was very down on himself and about situations in general. He was the ultimate in grumbler. In fact when I got this book out he was grumbling but by the end of the book there was a totally different outlook. We were at the beginning of summer vacation and I didn't want to spend the summer dealing with a sour puss the whole time so I thought, "what will it hurt". I am SO GLAD I made the purchase. We were able to sit down the two of us or with mom too and go over a lesson every few days. Each lesson had a great theme and was relate-able to a youngster in such a way they could put themselves in the situation as well as allowed us to do the same. Then as things came up we could calmly bring the lesson up and you could see the light bulb go off in his head - it clicked. So by the time we finished it was like we have a new person able to enjoy the summer again. My wife and I were so impressed with it that we are looking at some of the other ones for the other kids too.

These series of books have helped my daughter (and myself!) overcome her negativity and focus on other things that can be done to solve a problem. She hated cleaning her room like most kids and right after we went thru the first section of this book she went in and just gift it done! Amazing how fast it works when things are broken up into steps that she can understand and relate to. We also have what to do when you worry too much and that helped her out as well. Highly recommend!!!

This book has the most wonderful way of explaining the concept of negativity and complaining to children ever! My favorite concept that the Author talks about is putting down your "bad memory backpack". This imagery stuck with us and we use this expression when we get stuck on complaining about what happened in the past.

This book is excellent. Very clear, concise, written for children. Nice tone. Workbook style. We do one chapter a week and then discuss it later on. It has definitely gotten us thinking more positively (the whole family). It gives you very concrete tools on how to work on negative thinking. Concepts that a young child can grasp. I would highly recommend it!

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