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## The Mental and Emotional Health of Your Child

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Help your child find their balance.

Since the pandemic, many people have become aware that the emotional and mental health of our children is not a given, and it's high time to take care of it.

This book is written by experienced health professionals who work with children of all ages. They help children better understand how to manage their emotions with a variety of tools that are presented in this book. Combining advice and strategies to help children deal with stress, anxiety, anger and other common emotions, this book shares fun and simple exercises that can be easily integrated into a child's daily routine.

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