

A woman with long brown hair, wearing a white sleeveless top and light blue jeans, is sitting in a meditative pose on a grassy hill. Her hands are pressed together in a prayer position, and she is looking towards the right. The background features a steep, green mountain slope with patches of white snow or light-colored rocks. A large, semi-transparent, light blue shape on the right side of the image contains the text "Stress Release".

Stress Release

Release Your Stress Paperback

Philip G. Zimbardo



Release Your Stress Paperback:

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Support Groups For Children Kathleen O'Rourke, John C. Worzby, 2013-08-21 Designed for use with children in grades K 6 this book provides a review of support groups their nature and value the tripartite model of children s needs behaviours they need to learn and environmental conditions that support learning the Keystone Learning Model which encompasses the tripartite model strengths and decision making and nuts and bolts suggestions for creating and managing child support groups The book also addresses various support groups chapter by chapter and homework ideas are provided with each chapter

The Tapping Solution for Teenage Girls Christine Wheeler, 2016-05-10 Dealing with grades bullying friendships parents crushes it s enough to make any teenage girl wish she could snap her fingers and make it all go away The good news is you almost can except it s not snapping but tapping Formally known as Emotional Freedom Techniques EFT this revolutionary practice can help you reduce your feelings of anxiety and overwhelm boost your confidence and unpack the stress backpack you may not even know you re carrying In *The Tapping Solution for Teenage Girls* expert EFT practitioner Christine Wheeler explains the basics of the technique it actually involves tapping with your fingers on energy points on your own body and you can do it anywhere anytime Then she gives you simple yet powerful instructions for tapping on common challenges such as Schoolwork tests grades and planning for college Appearance and body image Dating breakups and dealing with sexual feelings Divorce siblings and blended families Throughout the book comments from 16 year old Cassidy the author s teen consultant keep it real with helpful perspectives on how this tapping thing works and it does work In these pages you ll discover that a super effective tool for dealing with stress is literally at your fingertips If you re ready to be true to yourself stop freaking out and keep being awesome *The Tapping Solution for Teenage Girls* is the perfect solution for you

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