



What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity

Dawn Huebner , Bonnie Matthews (Illustrator)

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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.

What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity Details

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Author : Dawn Huebner , Bonnie Matthews (Illustrator)

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Jennifer says

2nd book in this series we've read after worry. This one seems to describe Matthew perfectly (although I'm interested to read the anger one too). I'm impressed by how they are using good therapy techniques, but have addressed it well to a young audience, as well to their "coaches". Remains to be seen how effectively we'll use the tips. We are making grandma and aunt read too so we can all work together

Shannon says

03/09: This whole series is very good. They respectfully teach one how to fight against disordered tendencies.

Amazon Book Description:

What to Do When You Grumble Too Much is 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. Lively metaphors and illustrations make difficult concepts easy to understand, while step-by-step instructions and drawing and writing activities help children master skills that foster a happier, more positive outlook. Engaging and easy to follow, this "What to Do" guidebook empowers children to work toward change. It includes a note to parents and caregivers by psychologist and author, Dawn Huebner, Ph.D.

Heidi says

This entire series is excellent. Wonderful guide to help kids (and grown-ups!) navigate strong emotions using simple techniques that follow cognitive behavioral therapy model. We will definitely come back to these!

Tracy Fry says

I brought this one home for my younger son to read. This author has a few books out that do a great job helping children gain perspective on certain behaviors.

Kristin says

This amazing book clearly explains concepts of negativism and positivism in ways that make sense to kids. It explains why it's better to be positive and how to get there. Great illustrations and simple exercises help bring the points home. Read it with your kids!

Heather Wadell says

Well written for the suggested age group. Fast/Easy to follow and implement.

Launna says

A really great way to talk about the idea of positivity and optimism and a little bit of anger management. I am thankful for the discussion with our children. Good for me too.
