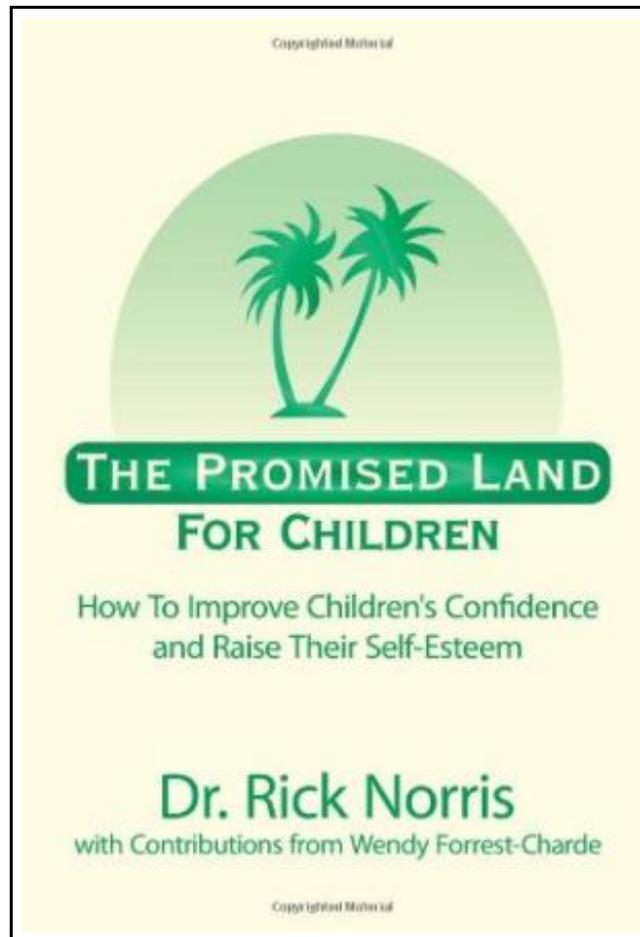


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AUTHORHOUSE, United States, 2007. Paperback. Book Condition: New. 224 x 152 mm. Language: English . Brand New Book. Stress, anxiety and depression are a modern day plague, which, according to the World Health Organisation, affect hundreds of millions of people worldwide. But it isn t just adults who suffer from psychological distress, an increasing number of children are falling victim to stress, anxiety and depression. The huge scale of the problem meant that, in 2005, the UK National Institute of Health and Clinical Excellence had to produce rigorous guidelines on the treatment of children with depression, which will be stringently reviewed again in 2009. The Promised Land for Children is designed to help combat stress, anxiety and depression in children aged five to sixteen. Written for parents, teachers, child minders, grandparents, social workers and child care professionals, the book does what it says on the tin - it shows the reader how to improve children s confidence and raise their self-esteem. The book is written by Chartered Psychologist Dr Rick Norris with contributions from Wendy Forrest-Charde an experienced classroom practitioner in mainstream and special education. Written in two parts, part one provides a compelling argument for the need to help children combat the effects of psychological distress. Part one also provides a clear, simple explanation of how children s minds work when they become stressed, anxious and depressed. Part two includes a comprehensive mental fitness programme with lots of practical exercises to develop children s positive thinking skills. Rick uses professional case studies of children who have been successful in adopting a more positive approach to life, in addition to his personal experience both as the father of three school age children, and as a sports coach with children and teenagers. One of the greatest gifts we can give our...

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