



THE WHOLE-BRAIN CHILD WORKBOOK

PRACTICAL EXERCISES,
WORKSHEETS AND ACTIVITIES
TO NURTURE DEVELOPING MINDS

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*NEW YORK TIMES BESTSELLING AUTHORS
OF THE WHOLE-BRAIN CHILD & NO-DRAMA DISCIPLINE*

Resumo de The Whole-Brain Child Workbook: Practical Exercises, Worksheets and Activities to Nurture Developing Minds

Based on their NY Times Best Selling book, The Whole-Brain Child, internationally acclaimed neuropsychiatrist Dan Siegel and brain-based parenting expert Tina Payne Bryson have created a workbook to apply Whole-Brain principles.

The Whole-Brain Child Workbook has a unique, interactive approach that allows readers not only to think more deeply about how the ideas fit their own parenting approach, but also develop specific and practical ways to implement the concepts -- and bring them to life for themselves and for their children.

Dozens of clear, practical and age specific exercises and activities. Applications for clinicians, parents, educators, grandparents and caregivers.

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