

Getting To Know Christine Solution

Incorporating HC 353-i to -vi, session 2008-09

Kev King has the world at his feet. His is the world of top flight football: where brands are all, lifestyle is god, adoration is obligatory and there is nothing - and no one - that money can't buy. And up until last season, Kev had the Premier League status to match his premier lifestyle. Now, relegated to a lowly league, forced to watch injured from the bench, and paranoid about his girlfriend's rising celebrity profile, he feels less in control of his life. And it's making him angry. Fighting his way back to the top, he leaves a trail of destruction. But can his millions and his talent keep him at the top of his game - or are his violent secrets about to rob him of everything he has? C. M. Taylor's Premiership Psycho is a compelling, hilarious and horrible insight into celebrity culture and a brilliant fictional portrayal of contemporary football.

Emma Wagner Giesy struggles to find her place inside--and outside--the confines of her 1860s religious community, where she is the only woman, as she reaches out to others on the fringes of her cooperative.

Micker is in love with Julienne, a beautiful girl who could win a beauty contest if she ever tried but is never interested in exploiting her own beauty. Most men want girls to fool around with but when it comes to Julienne, they want a lifelong partner. She comes from a wealthy family but that has never diluted her decency. Her falling in love with a man from a middle class family is a bitter pill to swallow for admirers in her social class. With the reigning impunity, some of the admirers do all they can to kill the affair and end up doing something very painful. He loses too much and the culprits have to pay in spite of the risk of immense uncertainty in life for his dependant, part of the price to pay. He has to take risks with the hope of protecting himself and concealing everything from everyone especially the law enforcers he had never trusted but what about his inner circle? He later discovers the existence of a new dependant which further complicates matters.

An invaluable guide to the history, descriptions of practice strategies, and applications of SFBT! The Handbook of Solution-Focused Brief Therapy is a unique, comprehensive guide that assists clinicians, regardless of experience level, in learning and applying the concepts of Solution-Focused Brief Therapy (SFBT) to particular situations with clients. Noted experts discuss the therapy practices and various uses for the approach in detail, which focuses on encouraging clients to look at exceptions, times when the problem could have occurred and did not, and goals and future possibilities. A history of the practice model and its interventions is discussed, along with limitations, descriptions of practice strategies, applications to specific client populations, and clinical problems and concerns. This useful resource also includes an illustrative case study that uses the SFBT model. The Handbook of Solution-Focused Brief Therapy first lays a foundation of knowledge, providing chapters on the crucial assumptions and practices, history, and epistemology behind the approach. Further chapters use that basis to explain the application of the approach with several clinical issues and various populations, including couples, depression, domestic violence, schools, children, pastoral work, therapist burnout, and a few "outside therapy room" applications. Other chapters focus on the important issues in

therapist training and supervision. Extensive references are provided at the end of each chapter. Topics discussed in the Handbook of Solution-Focused Brief Therapy include: assumptions within the SFBT tradition history of the SFBT approach epistemology SFBT with couples depression domestic violence offenders public schools children and young people SFBT in faith-based communities assessing and relieving burnout in mental health practice SFBT beyond the therapy room supervision of training possible limitations, misunderstandings, and misuses of SFBT a tribute to the late Steven de Shazer, co-founder of the SFBT approach The Handbook of Solution-Focused Brief Therapy is an invaluable reference for all types of therapists, including psychologists, counselors, social workers, and family therapists at any level of experience, including students, trainees, and experienced therapists.

As the study of followership further escalates into the global mainstream of leadership studies, this book proactively engages future leaders and followers in issues that they are likely to face in various everyday human resource development, management, and leadership contexts.

After the mysterious death of her parents, something inexplicable happens to Meredith Dubose, last descendant of an aristocratic Southern family. Is it psychological trauma? A true haunting in the family mansion? A demonic siege?

Whether you want to raise 5 chickens or 50, have a 40-foot city lot or a 40-acre farm, the expert advice in Future Farmers of America (FFA)–licensed How to Raise Chickens makes it easy for young readers and beginners to get started raising a healthy flock. Whichever comes first for you, the chicken or the egg, this book shows what to do next with the help of longtime chicken breeder Christine Heinrichs, who explains all the helpful dos and important don'ts. Easy-to-follow advice helps readers: Choose breeds and obtain stock House and feed chickens Manage your flock and keep it healthy Select and cull for breeding programs Incubate eggs and care for chicks Raise chickens in the country, suburbs, or city How to Raise Chickens provides information on breed types, obtaining stock, housing, feeding, flock management, breeding programs, incubation and care of chicks, selection and culling, showing, health care, and the legal aspects of raising chickens. Reviewed and approved by Dr. Clint Rusk (Purdue University Associate Professor in the Youth Development and Agriculture Education Department), this book will give you the tools you need to succeed in raising these challenging but rewarding animals. Beautifully designed and authoritatively written, How to Raise Chickens is a trusted source of information to new chicken keepers of all ages, sure to inspire further investigation of the hobby.

Christine Marshall endured a childhood of abuse and neglect. If not for the friendship of her two best friends, her life would have been unbearable. Years later, seeing the happiness that her friends had finally found with two wonderful men made Christine happy. She still didn't question her own stance to remain alone though, especially given her past. Until one night and too many martinis, she makes a decision that would change her life completely. Jonas Wade was a confident, no nonsense guy who grew up surrounded by his family's love. He worked hard and at a young age, started

his own company, enjoying much success. A success he thought completed his life until he met the one woman who made him realize that he wasn't as content as he had thought. Unfortunately, convincing her they were meant to be together proved to be an uphill battle. Getting past whatever demons plagued Christine from her past was difficult enough, but there was also a threat to his company that involved the very woman he loved. Until Jonas could solve the mystery, both he and Christine were in danger. As the CEO of his own company, Jonas isn't a stranger to hard work. He takes his job seriously and protecting those he loves even more so. Sadly, and to his utter frustration, Christine continually places herself in harm's way in her efforts to help him. Can he keep her safe from what threatens them both? And more importantly, can he break through the barriers that Christine built round herself to give them both a chance at happiness?

Divorce has devastating effects on children. Yet for divorcing parents who carefully consider and manage the intricacies associated with this difficult time, both parents, as seen from the child's perspective, can remain as loving and supportive as they ever were. *Parenting Through Divorce* concisely lays out the specific emotions and reactions parents need to anticipate from their children while going through separation, divorce, and its aftermath. Rather than weighing parents down with complicated plans, confusing information, and legal terminology, this book takes a commonsense approach, providing readers in a state of emotional distress with the practical, down-to-earth advice they need to sensibly and comfortingly guide their children through this often-painful process. Covering the most common mistakes divorcing parents tend to make, as well as addressing special issues that come up for kids of different age groups, this book helps you retain a strong, healthy, and loving environment for your child, even in the midst of change. This is a much-needed repository of wisdom and practical counsel for any family going through a time of heightened feelings and fragile relationships.

The book provides a tool kit for managers tasked with raising performance and sustaining motivation. Organisations are being judged by the way in which they accommodate the needs of the individual in work and life-style terms. In this context, the 'smart' employer will not only be looking to develop policies that retain talent through recognising their work-life issues, they will be equipping their managers to manage that talent in ways which maximise the contribution that individual can make. The text introduces managers to techniques largely drawn from Brief Therapy (De Shazer & Berg). Brief Therapy is used in the UK, but primarily by social workers, psychologists and counsellors. It's application to work settings is now growing. The attraction of a Solution Focussed approach to coaching is that it offers pragmatic tools that help managers structure helping conversations. The book presents the principles of solution focussed thinking in a language that is readily understandable by managers, and shows how those principles can be applied to a range of

issues which managers may find themselves facing as willing or enforced coaches. The book places coaching as an activity which can be done as part of the daily process of management.

You Really Can Quilt Every Top You Make! Quilting your projects is just as much fun as piecing them can be. Learn to "decode" your quilts to complete your quilt top. Freehand 49 topstitching designs that can be used time and time again with no marking. Did you know that your tops can tell you exactly how to quilt them? It's true! Expert machine quilter Christine Maraccini guides you through every step, taking cues from the intended use of the quilt and the shapes and patterns created by your piecing and appliqué. Discover no-mark-motifs that fit each space and learn the techniques to apply them to your own unique quilt. Includes complete, step-by-step instructions for 6 quilts, including 3 different quilting options for each and 9 trapunto templates!

Seeking Solutions: Maximizing American Talent by Advancing Women of Color in Academia is the summary of a 2013 conference convened by the Committee on Women in Science, Engineering and Medicine of the National Research Council to discuss the current status of women of color in academia and explore the challenges and successful initiatives for creating the institutional changes required to increase representation of women of color at all levels of the academic workforce. While the number of women, including minority women, pursuing higher education in science, engineering and medicine has grown, the number of minority women faculty in all institutions of higher education has remained small and has grown less rapidly than the numbers of nonminority women or minority men. Seeking Solutions reviews the existing research on education and academic career patterns for minority women in science, engineering, and medicine to enhance understanding of the barriers and challenges to the full participation of all minority women in STEM disciplines and academic careers. Additionally, this report identifies reliable and credible data source and data gaps, as well as key aspects of exemplary policies and programs that are effective in enhancing minority women's participation in faculty ranks. Success in academia is predicated on many factors and is not solely a function of talent. Seeking Solutions elucidates those other factors and highlights ways that institutions and the individuals working there can take action to create institutional cultures hospitable to people of any gender, race, and ethnicity.

Handbook of Solution-Focused Brief Therapy Clinical Applications Routledge

"This book is a gem: vivid, fun and thoughtful. It's like sitting next to a skillful, experienced, focused teacher in a real classroom. Kristi and Christine draw on their years of teaching and their dedication to educating children to help students become more empathic and act more thoughtfully and to prepare them with the essentials for success in an uncertain future." -Arthur Costa, author of Learning and Leading with Habits of Mind We know how to teach content and skills. But can we teach the habits of mind needed for academic success, a love of learning, and agency in the world? We can, and

A Mindset for Learning shows us how. "We want our students to take on challenges with zeal," write Kristi Mraz and Christine Hertz, "to see themselves not as static test scores but as agents of change." Drawing on the work of Carol Dweck, Daniel Pink, Art Costa, and others, Kristi and Christine show us how to lead students to a growth mindset for school-and life-by focusing on five crucial, research-driven attitudes: optimism-putting aside fear and resistance to learn something new persistence-keeping at it, even when a task is hard flexibility-trying different ways to find a solution resilience-bouncing back from setbacks and learning from failure empathy-learning by putting oneself in another person's shoes. A Mindset for Learning pairs research-psychological, neurological, and pedagogical-with practical classroom help, including instructional language, charts and visuals, teaching tips, classroom vignettes, and more. "This book holds our dreams for all children," write Kristi and Christine, "that they grow to be brave in the face of risk, kind in the face of challenge, joyful and curious in all things." If you want that for your students, then help them discover A Mindset for Learning.

The quick and easy way to manage money and achieve financial goals The recent economic meltdown has left people in terrible financial shape with little idea of how to turn things around. Using Morningstar's time-tested strategies and sensible approach to money management, Morningstar's 30-Minute Money Solutions: A Step-by-Step Guide to Managing Your Finances breaks down important financial tasks into do-able chunks, each of which can be accomplished in 30 minutes or less. The practical, no-nonsense book Lays out the tools to get organized, including how to create a filing and bill paying system Details how to find the best uses for one's money, as well as how to properly invest for savings, college, and retirement Other titles by Benz: Morningstar® Guide to Mutual Funds: Five Star Strategies for Success These are uncertain times. Morningstar's 30-Minute Money Solutions provides expert guidance on all aspects of personal money management, and it does so in quick, easily digestible steps.

Dealing with grades, bullying, friendships, parents, boyfriends . . . 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!

Everyone with an interest in the history of mathematics and science will enjoy reading this book on one of the most famous mathematicians of the 19th century. The author, who is both a historian and a mathematician, has written the definitive biography of Niels Henrik Abel.

It is July 1881 in Paris, France, as a deformed musical savant awakens in a morphine-induced fog and realizes his suicide attempt has been unsuccessful. Although it frightens him to think he has to live again and try to correct his erring ways, Erik begins to formulate a plan that he hopes will provide him with a chance at a new life and the one thing he is craving most of all acceptance. After he reconnects with his love, Christine, they flee Paris, hopefully without detection. His plan is to escape the authorities and his rival, Raoul, and hide. After the traumatic life he has led, all Erik wants to do is live in peace with Christine. However, it seems the curse that Erik believes is shadowing him is not willing to let him rest. Even as the curse causes one obstacle after another, Erik remarkably finds a way to overcome each challenge. But will he ever be able to truly keep the curse at bay and live a serene life with Christine? In this continuing historical saga, a musical scholar leaves his old life behind and escapes Paris with a beautiful woman in the hope of shedding a curse and finding inner peace and love. Bruns is a masterful storyteller who skillfully crafts a world that is vivid and engrossing (Susan Rueppel, PhD).

'This much-awaited book makes a welcome entry into the rather sparse British literature on group supervision'
-Counselling at Work 'This is a welcome addition to the literature on Counselling Supervision. I found it especially stimulating having used various models of Group Supervision as a Senior Probation Officer, and now using it in Listening Post. In both examples the method did not replace individual supervision, but greatly enhanced it....I thank Brigid Proctor for her guidelines for good practice and stimulating ideas for using the potential of groupwork within the supervision process, and recognise it as a really valuable "Sage-like" contribution' - ACCORD This p

Written by pioneering experts in the field, *More Than Miracles* remains the authoritative text on solution-focused brief therapy (SFBT). The final work of the world-renowned family therapists and original developers of SFBT, the late Steve de Shazer and Insoo Kim Berg, this comprehensive resource informs practitioners and students in how to apply this practical, internationally acclaimed approach. With a new preface, this classic edition outlines the latest developments in the fields of family therapy, brief therapy, and psychotherapy training and practice. A succinct overview orients the reader

to the current landscape of SFBT and provides three real-life case transcripts that illustrate the practical applications of SFBT techniques. The seminar format of the text allows readers to: sit in on surprising psychotherapy sessions eavesdrop on the authors' commentary about the sessions gain a comprehensive overview on the current state of SFBT review and understand the major tenets of SFBT learn specific interventions, including the miracle question and the reasons for asking it understand treatment applicability read actual session transcripts understand the "miracle scale" get insight into the unique relationship between Wittgenstein's philosophy and SFBT better understand SFBT and emotions examine misconceptions about SFBT and more Suitable for both advanced practitioners and ambitious beginners, this book is the ideal resource for anyone seeking an in-depth understanding of the SFBT approach, the concepts that inform it, and the specific techniques that characterize its implementation.

Reawaken to divine feminine wisdom through the female Archangels and discover how to connect and work with their energy for healing, love, joy and balance. The archangels have long been known as our strong, masculine guardians; protecting us, directing us, defending us. And now, with the rise in the Divine feminine, our angelic connections have expanded to fit the need. In this book, Claire Stone introduces you to 11 female archangels who are stepping forwards to help us. Each offers simple yet effective ways of aligning your life through self-discovery, practices and meditations, all designed to help you to unlock your intuition. Learn how to communicate with the female archangels and allow them to help you: · transcend temptation and release any judgement · mend broken bonds and guide you through shadow work · speak your truth and heighten your creativity · honour the divinity within you and develop your light body These angelic teachers have arrived because you are now ready to uncover their lost teachings. All you need to do is ask for their help. This volume illustrates how experimental methods, particularly laboratory experiments, can be useful for researchers studying crime, deviance, and law. With accompanying commentary from well-know criminologists and legal scholars, this book makes the case that laboratory experiments have strengths that complement those of traditional methods of field experiments.

Employment expert Barbara Bissonnette provides strategies that professionals and parents need to guide individuals with Asperger's Syndrome (Autism Spectrum Disorder) to manageable jobs, and keep them employed. Career counselors and coaches, vocational rehabilitation specialists, other professionals, and parents are often unsure of how to assist people with Asperger's Syndrome. Traditional career assessments and protocols do not match their unique needs. In this practical book, readers will gain insight into how people with Asperger's Syndrome think and the common employment challenges they face. It explains how to build rapport and trust, facilitate better job matches, improve interpersonal communication and executive function skills, and encourage flexible-thinking and problem-solving. With tried-and-tested

advice, assessment tools, and in-depth profiles of actual coaching clients and innovative companies that are utilizing the specialized skills of people with Asperger's, this book shows the way to a brighter employment future for those on the autism spectrum.

'The Second Edition of Group Supervision is essential reading for all participants in group supervision. It offers a comprehensive insight into the complexities of organising, managing and creatively facilitating a group or of being a practitioner in a cooperative peer group' - Professor Sue Wheeler University of Leicester Among the plethora of supervision books, Group Supervision is the only one dedicated to group work. Brigid Proctor shows how group supervision can provide a supportive environment in which practitioners learn from each others' experience, finding positive and creative ways of working with the diversity which characterises all groups. Examining tasks, roles and responsibilities of both supervisors and supervisees, she describes the skills needed for: " managing different types of group, " developing a flexible leadership style " making sense of group and individual needs " using creative methods. The Second Edition of this popular text features up-to-date research findings on group supervision in organisations and further coverage of the challenge of ethical decision-making in groups. A new chapter considers the advantages of groups for supervisor development and training, stressing the urgency for greater accountability and research. Essential for all supervisors and trainers, the practical information in this book will also benefit those who manage organizations providing group supervision for counsellors and psychotherapists- be they employees, volunteers or trainees. Brigid Proctor, Fellow of the BACP, is a retired Director of Counselling courses at South West London College and has subsequently worked freelance as a counsellor, supervisor, trainer and consultant.

Christine McCall left home at age 17. She was newly married to a man who wanted to become famous. When her marriage failed she returned home to learn her parents and young brother were possibly killed in an auto accident. She is unable to confirm any facts. She is alone in the world. She begins a new life but makes many serious mistakes along the way which result in tragic circumstances for her. She decides to change her life. Five years later she marries George McCall, a wealthy business man, who in spite of her past loved her deeply. She keeps a happy face but the ghosts of her past continue to haunt and shame her. They have twenty-five happy years together before his death. After five years of mourning for him she finally decides she needs to build a new life. When a young man appears on her doorstep, claiming to be the son of her dead brother, she is shocked and shaken, but also hopeful that she now has a new family with this young man, his very young wife, and baby daughter. A new found friend and her attorney are concerned about the visitors and help her to find answers about her past.

Nickels 5e offers a market-driven revision connecting students to the realities of business along with a complete,

integrated teaching package that makes teaching this course a breeze. The text's unique blend of customer focus, technology, authorship and package amalgamate into a complete learning system aimed at making the introductory business course interesting, topical, and relevant to students in both major and non-major streams. UCB is now the text that others benchmark for quality, readability, usability and currency and no competitor offers the variety and adaptability of the various packages (text and supplements) that are available with this text.

Thomas Edison. Albert Einstein. Half of NASA. These are all extremely intelligent, successful adults who made great contributions to society and who are also suspected of having the developmental disorder called Asperger Syndrome. This relatively new diagnosis is being increasingly applied to both children and adults-in fact, it is now seen as running in families. There are a lot of books on how to successfully raise children with AS, but until now, adults were left to figure it out on their own. Dr. Juanita Lovett specializes in treating adults with AS and working with their families. In this book she shows those adults and their loved ones how to maximize the benefits of AS (including intense concentration, above-average intelligence, and high creativity) while minimizing the drawbacks (including lack of social skill, inability to connect emotionally with others, and propensity toward rage). This important new book will help thousands of adults with AS learn to live happier, more fulfilling lives.

Peter DeJong and Insoo Kim Berg's INTERVIEWING FOR SOLUTIONS features a proven, solutions-oriented approach to basic interviewing that views clients as competent, helps them to visualize the changes they want, and builds on what they are already doing that works. Throughout the book, the authors present models for solution-focused work, illustrated by examples and supported by research. Important Notice: Media content referenced within the product description or the product text may not be available in the ebook version.

On the evening of the 800th anniversary of the founding of the small European kingdom of Colsteinburg, violence erupts outside the royal palace, throwing one family's life into chaos. After a coup in her country, Her Royal Highness, Fredericka Elisabetta Teresa von Boden don Morh (or Fritzi to her friends), wakes up one day no longer a princess. Stuck hiding in a suburban American middle school dealing with mean girls, cafeteria lunches, and teachers who don't understand (or know about) her unique situation, Fritzi just wants to go home to her kingdom and be a princess again. She turns to social media for help, but will her efforts work or make everything worse? With opposition forces trying to force her father's abdication from the throne, Fritzi discovers that being a true princess doesn't come from a title.

How many times have you given up on what you really want, simply because you didn't know how to ask for it? From unfulfilling business contracts, to lack of clarity in your relationships, to time-consuming arguments over the little things - you know you're worth more, but how do you raise your value? How often have you wished you could simply know how to get what you really want? Why Not Ask is an engaging, practical guide that helps you take back that power. This book shows you that negotiations

cannot only save you time and trouble, but they can also save your life. In her conversational style, Harvard-trained, veteran negotiator, Christine McKay weaves her own stories as well as feedback from her corporate, entrepreneurial, and small-business clients. *Why Not Ask* offers a proven, step-by-step strategy for coming to mutually acceptable agreements in every sort of negotiation. This engaging book offers readers a straight-forward, universally applicable method for negotiating personal and professional disputes without getting angry, getting taken, or getting rejected. Life is a series of conversations about negotiations you should be prepared for: buying a car, negotiating a salary, buying a home, renegotiating contracts, achieving balance with your partner. Taking emotional intelligence and intuition to the next level, *Why Not Ask* gives you the tools, techniques, and practical steps to get more of what you want.

****INSTANT NEW YORK TIMES BESTSELLER**** From one of the most followed booktubers today, comes *Again, but Better*, a story about second chances, discovering yourself, and being brave enough to try again. Shane has been doing college all wrong. Pre-med, stellar grades, and happy parents...sounds ideal -- but Shane's made zero friends, goes home every weekend, and romance...what's that? Her life has been dorm, dining hall, class, repeat. Time's a ticking, and she needs a change -- there's nothing like moving to a new country to really mix things up. Shane signs up for a semester abroad in London. She's going to right all her college mistakes: make friends, pursue boys, and find adventure! Easier said than done. She is soon faced with the complicated realities of living outside her bubble, and when self-doubt sneaks in, her new life starts to fall apart. Shane comes to find that, with the right amount of courage and determination one can conquer anything. Throw in some fate and a touch of magic - the possibilities are endless.

****THE SUNDAY TIMES BESTSELLER - AS SEEN ON THE ONE SHOW**** It will make you laugh and it will make you cry: Felix The Railway Cat is the extraordinary tale of a close-knit community and its amazing bond with a very special cat. 'The global sensation' Daily Telegraph When Felix arrived at Yorkshire's Huddersfield Train Station as an eight-week-old kitten, no one knew just how important this little ball of fluff would become. Although she has a vital job to do as 'Senior Pest Controller', Felix is much more than just an employee of TransPennine Express. Felix changes lives in surprising ways. She is always ready to leap into action and save the day: from bringing a boy with autism out of his shell to providing comfort to a runaway child shivering on the platform one night. So when tragedy hits the team at Huddersfield, it is only Felix who can pull them back together. But a chance friendship with a commuter that she waits for her on the platform every morning finally gives Felix the recognition she deserves, catapulting her to international stardom . . . Royalties from the sale of this book will be donated to Prostate Cancer UK (registered charity 1005541, SC039332).

Describes what happened on each episode in all three seasons of "Dog Whisperer with Cesar Millan," grouping the episodes based on the behavioral problems of the dogs; gives a follow-up on how each dog is doing now; and provides tips for handling dogs with similar problems.

The experience of raising children can be one of life's greatest gifts, but it can also come with an overwhelming amount of stress

and anxiety, and even self-doubt. · Am I modeling the type of person I want my child to become? · Am I doing enough to prepare my child to be resilient in an ever-changing world? · Are my children happy and confident in themselves? In *The Tapping Solution for Parents, Children & Teenagers*, New York Times best-selling author Nick Ortner encourages readers to take a look at the amount of stress and worry in their lives as parents, reminding readers that self-care is critical. Parents are guided on how to use the revolutionary technique known as EFT (Emotional Freedom Techniques), or Tapping, to release parental overwhelm, quiet worry, manage conflict and transform their experience of parenthood. In the second section of the book, Nick explores specific uses for Tapping with children, ranging from releasing negative emotions like anger, fear and phobias, to dealing with sadness, grief, guilt and shame. This powerful technique can even help with specific challenges such as: · anxiety disorders · difficulties with sleep · nightmares · performance anxiety · bullying · school jitters · divorce and much more. Nick emphasizes the importance of teaching children the social and emotional skills they need for success in life, school and work. This book will guide parents in using EFT Tapping to help their children learn how to handle challenges by means of self-reflection, self-regulation and overall greater self-awareness. Through the use of easy-to-follow diagrams, links to step-by-step videos, and dozens of Tapping tips, *The Tapping Solution for Parents, Children & Teenagers* offers an easy-to-use resource to help solve many of the emotional and social challenges that families deal with on a daily basis.

[Copyright: f2d7868001118f39b4943badc1cfa51f](#)