



What to Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity (What to Do Guides for Kids)

Dawn Huebner

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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.

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