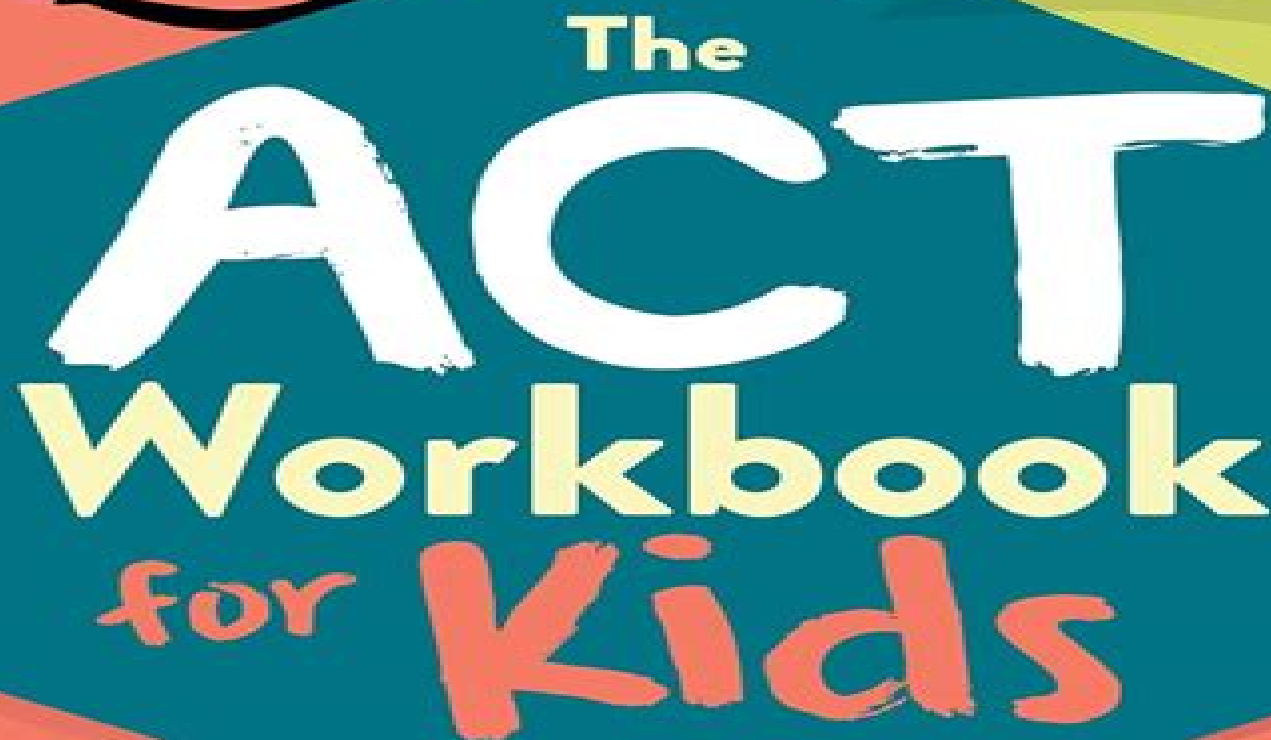


AN INSTANT HELP BOOK FOR PARENTS & KIDS

**42 Activities to
Build Resilience**



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**Fun Activities to Help You Deal with Worry, Sadness &
Anger Using Acceptance & Commitment Therapy**

Tamar D. Black, PhD

Foreword by Russ Harris

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**T. V. Sanjiva Row, Pinayur Ramanatha
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