



# **Raising Resilient Children: A Curriculum to Foster Strength, Hope, and Optimism in Children**

*Sam Goldstein, Robert B. Brooks*

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Counselors, social workers, parenting program directors, and other mental health professionals will find this nine-session curriculum and 70-minute companion video ideal for providing parents with strategies they can use to ensure that their children are emotionally prepared to cope with life's challenges. Based on the authors best-selling book, the chapters in the manual and their corresponding video segments discuss the seven key guideposts to raising resilient children. In-class and at-home activities are also included to help parents recognize the crucial role they play in their children's emotional health. After completing the Raising Resilient Children curriculum, parents will be better prepared to accomplish their most important job -- raising a confident, self-reliant child.

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#### **Samantha Smith:**

The book untitled Raising Resilient Children: A Curriculum to Foster Strength, Hope, and Optimism in Children contain a lot of information on this. The writer explains her idea with easy means. The language is very easy to understand all the people, so do not necessarily worry, you can easy to read that. The book was authored by famous author. The author will take you in the new period of literary works. You can actually read this book because you can please read on your smart phone, or program, so you can read the book throughout anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site in addition to order it. Have a nice go through.

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