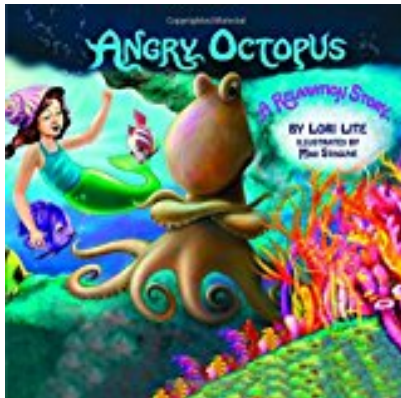


Angry Octopus An Anger Management Story introducing active progressive muscular relaxation and deep breathing



BOOK DETAILS

- Author : Lori Lite
- Pages : 28 Pages
- Publisher : Stress Free Kids
- Language : English
- ISBN : 0983625689

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BOOK SYNOPSIS

"Children love to unwind and relax with this fun exercise known as muscular relaxation. This effective stress and anger management technique focuses awareness on various muscle groups to create a complete resting of the mind and body. Muscular relaxation can lower stress and anxiety levels. It can be used to decrease pain and anger. This engaging story quiets the mind and relaxes the body so your child can let go of anger and fall asleep peacefully"--P. [4] of cover.

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