

1. Record Nr.	UNINA9910825064803321
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Titolo	The yes brain workbook : exercises, activities and worksheets to cultivate courage, curiosity, and resilience in your child // Daniel J. Siegel and Tina Payne Bryson
Pubbl/distr/stampa	Eau Claire, Wisconsin : , : PESI Publishing and Media, , [2020] ©2020
ISBN	1-68373-338-X
Descrizione fisica	1 online resource (157 pages)
Disciplina	155.41824
Soggetti	Resilience (Personality trait) in children Curiosity in children Child rearing
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Cover -- Copyright -- Table of Contents -- Chapter 1: Introduction -- Chapter 2: Balance -- Chapter 3: Resilience -- Chapter 4: Insight -- Chapter 5: Empathy -- Chapter 6: Conclusion -- Acknowledgments -- About the Authors.
Sommario/riassunto	From Daniel J. Siegel, MD, and Tina Payne Bryson, PhD, the bestselling authors of The Whole-Brain Child, No-Drama Discipline, and The Power of Showing Up, comes the latest resource for parents, clinicians, and educators to nurture the positive potential in children.