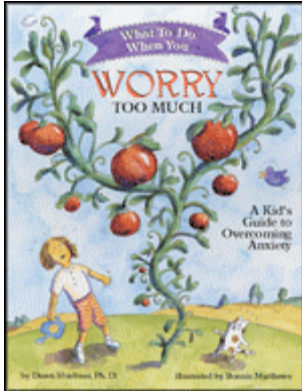


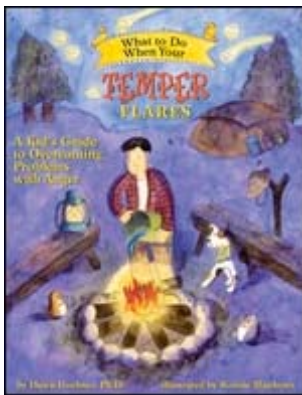
What To Do Book Series
Written by Dawn Huebner, Ph.D., Psychologist and Author
Published by Magination Press with illustrations by Bonnie Matthews.

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What To Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety

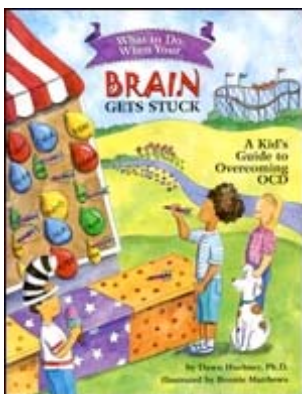
Did you know that worries are like tomatoes? No, you can't eat them, but you can make them grow, simply by paying attention to them... If your worries have grown so big that they bother you almost every day, this book is for you. *What to Do When You Worry Too Much* is an interactive self-help book designed to guide 6 - 12 year olds and their parents through the cognitive-behavioral techniques most often used in the treatment of generalized anxiety. Metaphors and humorous illustrations make difficult concepts easy to understand, while prompts to draw and write help children to master new skills related to reducing anxiety. Engaging, encouraging, and easy to follow, this book educates, motivates, and empowers children to work towards change.



What To Do When Your Temper Flares: A Kid's Guide to Overcoming Problems with Anger

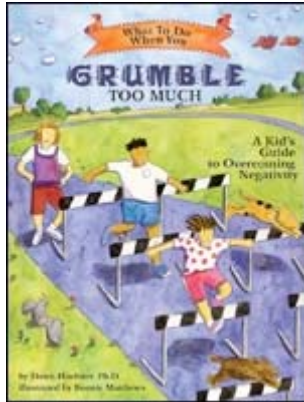
Did you know that anger is like fire? It starts with a spark, igniting us with energy and purpose. But it can also blaze out of control, causing lots of problems. If you're a kid whose temper quickly flares, a kid whose anger gets too big, too hot, too fast, this book is for you.

What to Do When Your Temper Flares guides children and their parents through the cognitive-behavioral techniques used to treat problems with anger. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of "anger dousing" methods aimed at cooling angry thoughts and controlling angry actions, resulting in calmer, more effective kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.



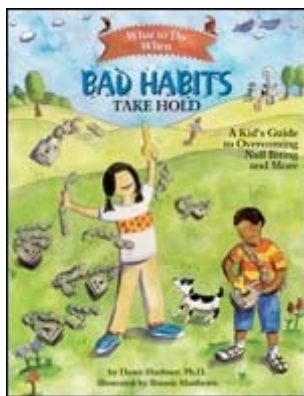
What To Do When Your Brain Gets Stuck: A Kid's Guide to Overcoming OCD

Did you know that people have brain sorters that keep their brains from getting cluttered with unnecessary thoughts? Sometimes these brain sorters get mixed up, though, holding onto thoughts that frighten kids. If this has happened to you, if it's hard for you to feel safe or sure of yourself because scary thoughts have gotten stuck, this book is for you. *What To Do When Your Brain Gets Stuck* guides children and their parents through the cognitive-behavioral techniques used to treat Obsessive Compulsive Disorder. This interactive self-help book turns kids into super-sleuths, able to recognize and more appropriately respond to OCD's tricks. Engaging examples, activities, and step-by-step instructions help children master the skills needed to break free from the sticky thoughts and urges of OCD, and live happier lives. This book is the complete resource for educating, motivating, and empowering children to work toward change.



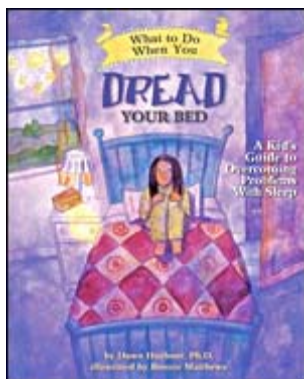
What To Do When You Grumble Too Much: A Kid's Guide to Overcoming Negativity

Did you know that life is like an obstacle course? It's exciting and fun, but full of tricky spots to get through. If you're a kid who feels so frustrated by those tricky spots that it's hard to enjoy the good things in life, this book is for you. *What to Do When You Grumble Too Much* guides children and their parents through the cognitive behavioral techniques used to treat negative thinking. Lively metaphors and illustrations make difficult concepts easy to understand, allowing children to see life's hurdles in a new way. Step-by-step instructions, along with prompts to draw and write, help children master new skills to get past those hurdles, transforming negative thinkers into happier, more positive kids. This interactive self-help book is the complete resource for educating, motivating, and empowering children to work toward change.



What To Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More

Nail biting. Thumb sucking. Hair twirling. Scab picking. Shirt chewing. Do you have a habit that's hard to stop? A habit that embarrasses you or gets you in trouble? If so, you're not alone. Lots of kids have habits they wish they could lose. But habits are stronger than wishes. They lock on, holding you tight. Even if you want to break free, you can't. Unless you have the keys. *What to Do When Bad Habits Take Hold* guides children and their parents through the cognitive-behavioral techniques used to treat a variety of habits. Engaging examples, lively illustrations, and step-by-step instructions teach children a set of habit-busting strategies in the form of "keys" to unlock the chains holding their habits in place. This interactive self-help book is the complete resource for empowering children to set themselves free.



What To Do When You Dread Your Bed: A Kid's Guide to Overcoming Problems with Sleep

Wouldn't it be great if you could climb into bed, snuggle under your covers, and fall asleep without any fuss or fear? Without listening for noises or thinking about bad guys? Without an extra drink, or an extra hug, or an extra trip to the bathroom? Bedtime is tough for many kids. If you're a kid who dreads your bed, and are convinced that nothing short of magic will make nighttime easier, this book is for you. *What to Do When You Dread Your Bed* guides children and their parents through the cognitive-behavioral techniques used to treat problems with sleep. Fears, busy brains, restless bodies, and overdependence on parents are all tackled as children gain the skills they need for more peaceful nights. This interactive self-help book is the complete resource for educating, motivating, and empowering children to fall asleep

and stay asleep - like magic!

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Each book is only \$13.00 (includes postage and handling)

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