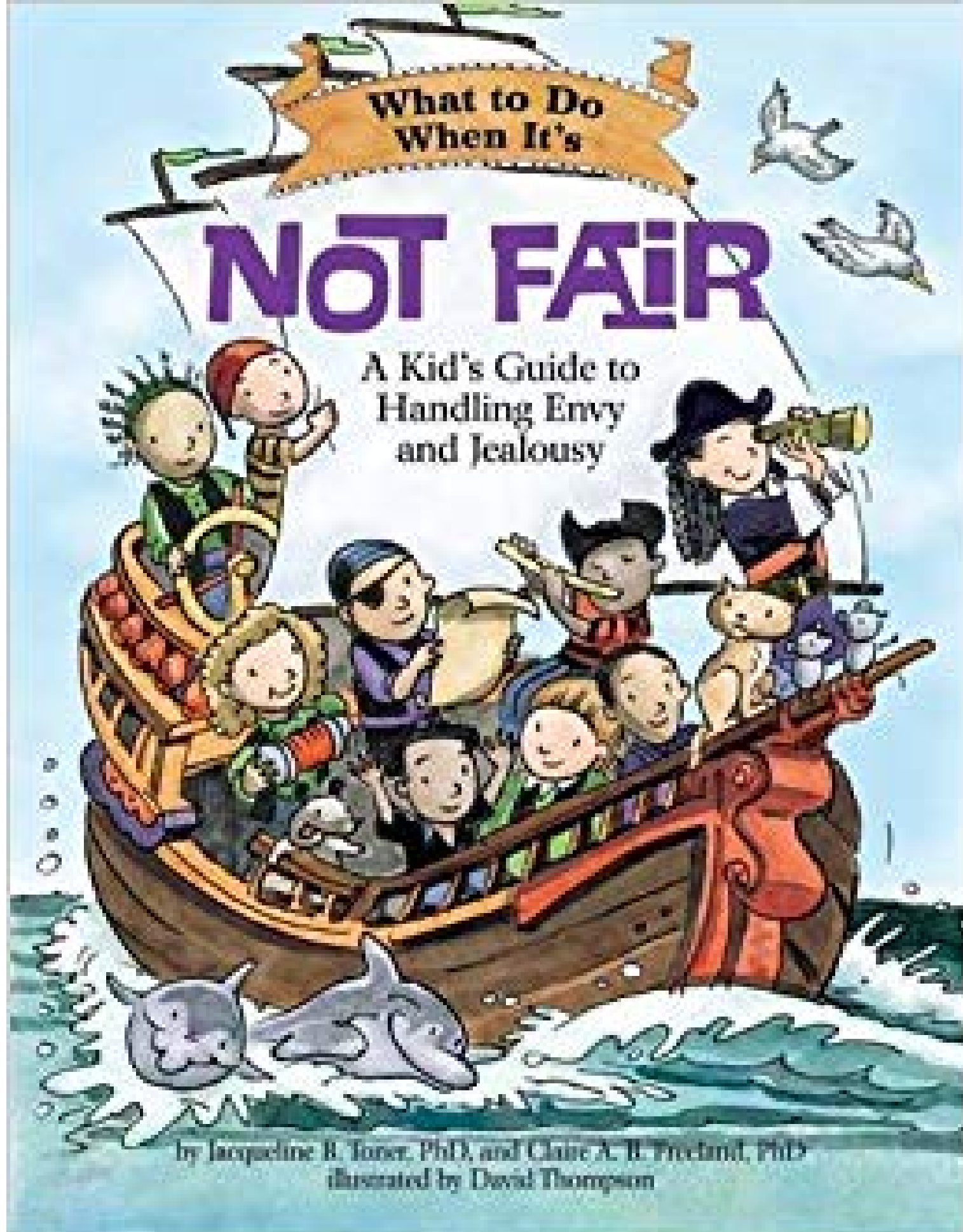


What to Do
When It's

NOT FAIR

A Kid's Guide to
Handling Envy
and Jealousy



by Jacqueline B. Torer, PhD, and Claire A. B. Freeland, PhD
illustrated by David Thompson

Jacqueline B. Toner

What to Do When It's Not Fair: A Kid's Guide to Handling Envy and Jealousy (What-to-do Guides for Kids)



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Envy and its cousin, jealousy, are feelings that adults and children confront on a regular basis. All of the techniques are based on cognitive-behavioral principles. **WHAT THINGS TO WHEN IT'S NOT REALLY FAIR** is made to help children learn to cope with envy and jealousy. Some children can struggle with envy and react negatively to the nice fortune of others. Children will learn to recognize triggers that result in envy and to develop alternative thoughts that may reduce envy's impact. But adults are able to recognize what kids cannot: wishes and envy arrive and go. Includes an introduction for parents and caregivers that discusses the emotion of envy and how this resource can help.



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Great small series for children and parents Best group of books to give youngsters applicable coping abilities. The books have brief easy to read chapters. Although the abilities could be used by any age group. I maintain them in the reception region of my psychotherapy practice for parents to read while I work with the kid. The tips on dealing with different issues are age suitable and easy to understand. I purchased a couple different titles. I wouldn't mind owning the entire series, just to maintain as reference books. I love all of the "What to do When" series... My kids -- ages 8 & 5 -- BEG Me personally to read this book with them! I love the way it breaks it down and makes understandable methods. I have almost all of them. (We also love What to Do WHENEVER YOUR Temper Flares.) You can easily read and provides good information for parents That is one book in a string; I'd say this group of books is best suited for 2nd-6th graders based on the reading level. It is easy to read and provides good info for parents. Excellent for transformation in perspective for kids This book is a great resource to help a kid sort out and better understand envy and jealousy. The pirate analogy is excellent, the pictures are a perfect stability of sweet and not-cutesy, and the activities are brief and fun. Also trying to pass it off as a "coloring reserve" to my clients and own child did not make them more interested in it. The pirate analogy is great, the pictures are a perfect balance of cute . Great Books! My 9 year old loves this series. Highest recommendation! They are great for her to visit on any day this is an issue and I believe they have helped her cope better. Recommend for children We purchased this book plus a couple various other ones to greatly help my daughter offer and manage certain struggles. I had trouble getting children with ADHD to do more than 2 pages UNLESS I made us pretend to end up being pirates and throw cannonballs (tennis balls- ouch- it had been all i had on hand) at one another. However content wise, imagination wise and art smart just unbeatable. She actually is 9 years aged if that's helpful info! Five Stars Amazing if you have a child with ADHD. My boy loves this publication. Very helpful and informative. Five Stars My girl loves this book Helpful, simple, and engaging! I was extremely impressed with how engaging and helpful this workbook is. My children enjoyed carrying it out with me and we all learned new skills to manage our thinking. This would be a much better seller if more concrete practical pirate themed activities that drove the point home were included. This is not a book I'd hand to a child and expect them to read, but I do think it is an excellent source for parents and counselors to use with a child in methods. We are competing with HD TV these days so this is tough to keep kids interest in workbooks. Highly recommend! Worth the buy in the event that you share cost with coworkers Only wish it were colored pages through out. She certainly gets it, understands it, and actually learns from it. To raise this to money making level, it BEGS for practical activities. Glad I purchased it, no regrets as there are no various other books out there to teach on this topic and peeps, i truthfully can't relate with the envy, jealousy and entitlement I see in a whole lot of kids nowadays.



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