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SOS Help for Emotions teaches adult readers what to do to manage feelings in ways that don't get them Using the techniques and tools of cognitive behavioral approaches and Rational Emotive Behavioral Therapy, Lynn Clark can help anyone learn to manage their troublesome emotions for a happier, more peaceful life.

SOS Help for Emotions: Managing Anxiety, Anger, and Depression

Lynn Clark, PhD. Author, Clinical Psychologist, and father of two sons See 12 video clips of my SOS books and videos at my homepage "sosprograms.com" SOS Help For Emotions: Managing Anxiety, Anger, and Depression (an adult self-help book in 8 languages) and SOS Help For Parents (in 18 languages) are two books that I have written based on my professional experience and on research studies of others.

SOS Help For Emotions: Managing Anxiety, Anger, And ...

Video clips of SOS Help For Parents are at sosprograms.com. Parents world wide are using SOS Help For Parents. It is translated into Spanish, Turkish, Japanese, Chinese (Beijing Normal University Press), Korean, Chinese (Taiwan), Hungarian, Arabic, Icelandic, Portuguese, Dutch (The Netherlands), and Russian. Visit the Amazon Lynn Clark author page.

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SOS Help For Parents is a book and parent education program which helps children, ages two to twelve, to improve their behavior and emotional adjustment. Available in eight languages, SOS is internationally used by parents. The book teaches over 20 methods for managing 46 different problem behaviors.

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SOS Help for Parents, 4th Edition, 2017 [Lynn Clark, John Robb] on Amazon.com. *FREE* shipping on qualifying offers. SOS Help For Parents (4th Edition 2017) improves the behavior and emotional adjustment of children, ages two to twelve. To see SOS Videos and all SOS Books

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SOS Ayuda Con Las Emociones: Como Manejar la Ansiedad, la Ira, y la Depresion, is a self-help book for adults and older teens. By understanding and applying this book, you can enhance your emotional intelligence and learn useful self-help methods from cognitive behavior therapy.

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