



Mind Coach: How to Teach Children & Teenagers to Think Positive & Feel Good

Daniel G. Amen

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Everything starts and ends in your mind. How your mind works determines how happy you are, how successful you feel, and how well you interact with other people. The patterns of your mind encourage you toward greatness or they cause you to flounder in mediocrity or worse. Learning how to focus and direct your mind is the most important ingredient of success. Mind Coach is a manual that will teach children and teens "thinking skills" that will help them be more effective in their day-to-day lives.

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