

My Book Of Brave A Journal For Taking Control Of Scary Feelings Fears

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My Book Of Brave A

"My Book of Brave" is a unique journal that aims to help anxious children identify their fears and take control of them. Each page of this book provides space to write down a situation from their day and record it in a way that feel most comfortable, whether that be through coloring, writing, drawing or all three.

My Book of Brave: A Journal for Taking Control of Scary ...
My Book of Brave: A Journal for Taking Control of Scary Feelings and Fears. A journal I created to help children dealing with anxiety in their daily life. A #1 New Release and #1 Best Seller online in it's respective categories – Children's Diary Books & Self Help (Inner Child). My Inspiration

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Brave: How I rebuilt my life after love turned to hate ...

There are some gems in this book although there is a bit too much recipe type solutions for my liking (hence 4 rather 5 stars). Many of her readers want simple to follow actions to implement the ideas; my view is that courage in leadership is a mindset rather than a list of actions/ behaviours.

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Dare to Lead: Brave Work. Tough Conversations. Whole ...

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Brave Girls Book Club - Books That Matter

First, I need to say this is one of the most poorly written books I have read in a long time and that, perhaps, has something to do with my reaction to it. If you're picking up "Brave" for help in your own journey towards emancipation from a male, primarily-white, society holding you back as a woman, I advise you to look elsewhere or flip to the back of the book and read the last few pages.

Brave by Rose McGowan - Meet your next favorite book

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