



# **My Book Full of Feelings: How to Control and React to the Size of Your Emotions**

*Amy Jaffe and Luci Gardner*

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This highly engaging workbook is an ideal way to help teach children to identify, access the intensity of, and respond appropriately to their emotions. The book is fully interactive. By using a dry-erase marker, unique situations and solutions can be added and changed with a wipe of a paper towel, as the child masters a skill and grows. Also included is a Communication Pad for tracking and sharing information between home and school an important component of effective programming. The book is great for all children, including those with Asperger Syndrome and other autism spectrum disorders.

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