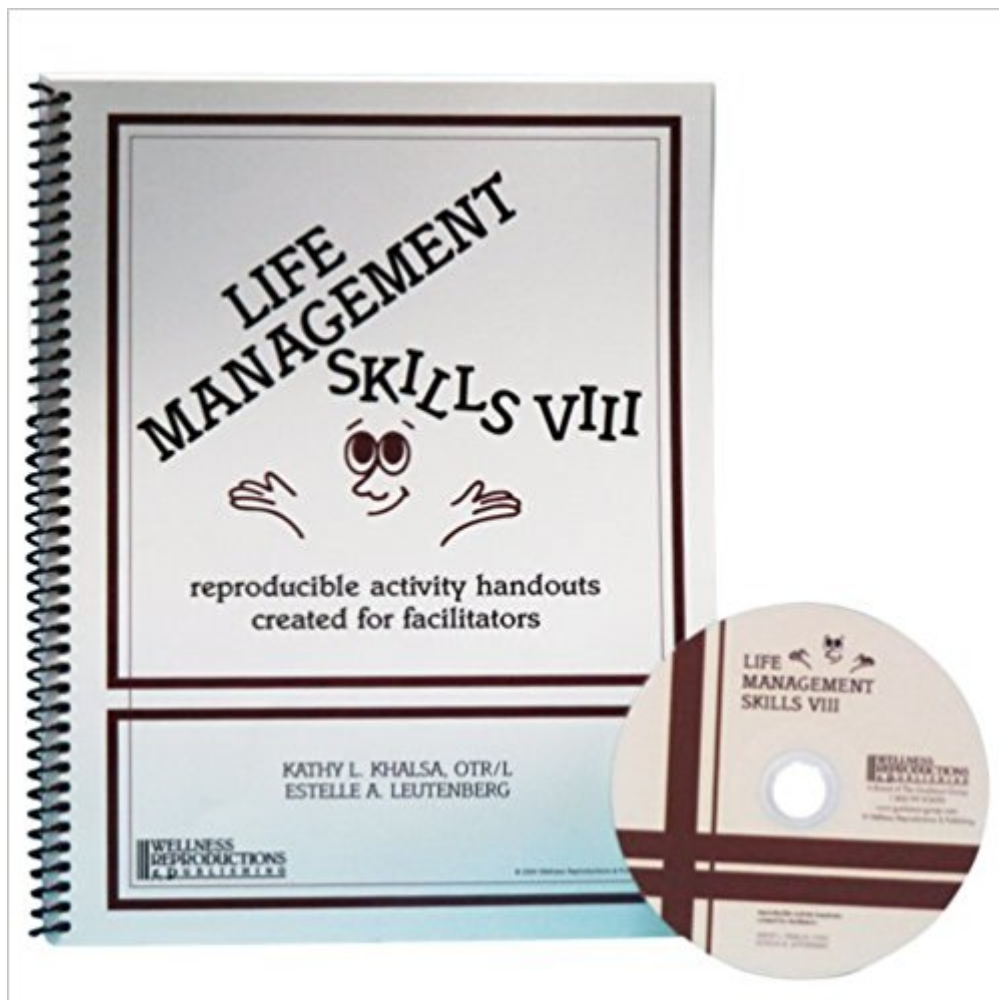




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Life Management Skills VIII (Life Management Skills Activity Book Series)



Synopsis

Created for anyone addressing mental wellness and life-skills education, this reproducible activity book will save you time and money by reducing preparation time. Covering a wide variety of topics you will use this activity book as a primary focus for individual sessions and groups. Two suggested activities are included for each handout. The engaging graphics and illustrations provide an important visual aid in one-to-one sessions or groups. These high-quality books with heavy paper stock will last and last. One of a eight volume series. Topics Covered: Activities of Daily Living, Communication, Coping & Recovery Skills, Discharge Planning, Emotions, Grief/Loss, Leisure, Living with Mental Illness, Physical Health, Positive Thinking, Relationships, Self-Esteem, Spiritual Support, Stress Management, Substance Abuse Recovery

Book Information

Spiral-bound: 120 pages

Publisher: Wellness Reproductions and Publishing, Inc.; 1 edition (April 6, 2004)

Language: English

ISBN-10: 1893277259

ISBN-13: 978-1893277250

Product Dimensions: 10.6 x 8.5 x 0.4 inches

Shipping Weight: 10.4 ounces (View shipping rates and policies)

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