



## Let Go and Grow.: Kids and Emotional Freedom Techniques (Paperback)

By Tanya De Villiers

Createspace, United States, 2015. Paperback. Book Condition: New. Marilie Fouche (illustrator). Large Print. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This book serves as a guide for parents, teachers, therapists and practitioners in facilitating the process of teaching children to let go. This book is specifically designed to condition children in letting go of negative emotions and bottled-up feelings. Children will gain new perspective and insight on being mindful and aware of emotions. The main purpose is to create an understanding that there is no benefit in keeping emotions bottled-up or handling them inappropriately. Emotional Freedom Techniques (EFT) is one of many methods to successfully handle extreme emotions, limiting beliefs, addictions, learning barriers etc. The Lion s heart method is an adaptation of EFT and was specifically designed to be age appropriate and fun for young children. Activities are incorporated to facilitate the learning process and activate both brain hemispheres, stimulate Kinesthesia functioning as well as incorporating Neuro Linguistic Programming (NLP). The Lion s heart method is not a quick fix and doesn t promise world peace, but it does promote self-, body and emotional awareness. The process which unfolds in this book...



**READ ONLINE**  
[ 4.56 MB ]

### Reviews

*Certainly, this is actually the greatest job by any publisher. It is really simplistic but shocks within the 50 % of the pdf. I am just happy to tell you that this is the very best ebook i have read in my own lifestyle and may be he greatest ebook for actually.*

-- **Marge Jacobson MD**

*A must buy book if you need to adding benefit. It is really simplified but shocks in the 50 percent of the pdf. I found out this pdf from my i and dad recommended this publication to learn.*

-- **Zetta Armstrong III**

## See Also



### [Talking Digital: A Parent s Guide for Teaching Kids to Share Smart and Stay Safe Online \(Paperback\)](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book. It is time for the digital talk. Today, kids are growing up in a wired world. Their online interactions, the good and the bad,...



### [No Friends?: How to Make Friends Fast and Keep Them \(Paperback\)](#)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Do You Have NO Friends ? Are you tired of not having any friend and being lonely all the time...



### [How to Make a Free Website for Kids \(Paperback\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Table of Contents Preface Chapter # 1: Benefits of Having a Website Chapter # 2: Signing Up for a Website...



### [Jack Drummond s Christmas Present: Adventure Series for Children Ages 9-12 \(Paperback\)](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A very warm welcome to Jack Drummond s Christmas Present, the sixth book in the series for children ages 9-12....



### [Plentyofpickles.com \(Paperback\)](#)

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Interested in taking a peek into the world of internet dating? Then order a copy of this adult non-fictional book...



### [History of the Town of Sutton Massachusetts from 1704 to 1876 \(Paperback\)](#)

Createspace, United States, 2015. Paperback. Book Condition: New. annotated edition. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This version of the History of the Town of Sutton Massachusetts from 1704 to 1876 is a labor...