



Feeling Great: Teaching Children to Excel at Living

Terry Orlick

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Now released in its third edition, "Feeling Great", this perennial bestseller by Dr. Terry Orlick, provides a wealth of rich ideas and over 100 fun-filled games and activities designed to help children to:

- cope effectively with stress
- perform closer to their potential
- look for highlights each day
- act on good decisions
- carry a healthy perspective
- cooperate joyfully
- approach life with a stronger sense of self-confidence

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