

## School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools

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This excellent source for ADHD and anxiety sufferers helps elementary-- and middle--school--age students identify stress, understand its roots, and manage its symptoms more effectively. With tips on how to practice positive self--talk and keep homework organized to optimize retention, the wisdom provided will improve study skills and self--esteem. A fantastic offering for those who need help staying calm and confident in school. Ages eight to thirteen.

AIMEE JODOIN (Fall 2013)

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