



# How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking

*Lake Sullivan Ph.D.*

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## **How To Get Unstuck From The Negative Muck: A Kid's Guide To Getting Rid Of Negative Thinking**

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FACT: You have about 40,000 negative thoughts every day. And your child does too. We can't make negative thoughts go away completely. But we can learn healthy ways to cope with them. And most importantly, we can take away their power to determine our mood and behavior. Using kid-friendly text, interactive cartoons, and engaging journal exercises, your child will learn priceless life skills. Now Available! How To Get Unstuck From The Negative Muck Kid's Journal

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