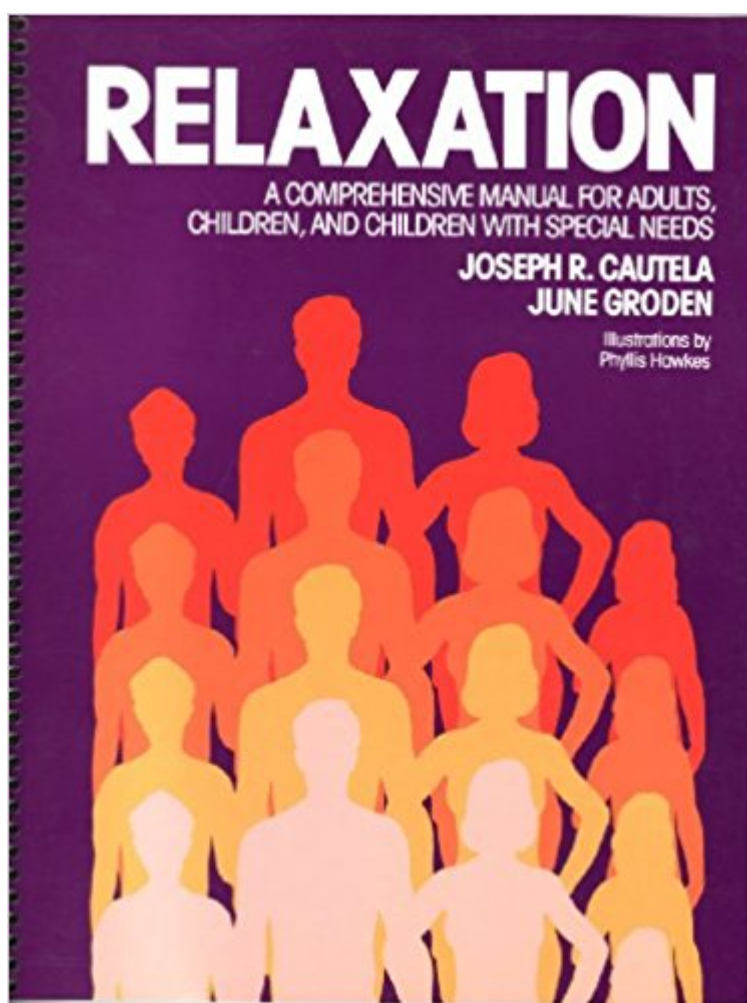


The book was found

Relaxation: A Comprehensive Manual For Adults, Children, And Children With Special Needs (Out Of Print-See Revision 9780878227020)



Synopsis

This unique contribution to the field of relaxation training presents: (1) self-relaxation techniques designed for adults, (2) methods for teaching relaxation to adults and older children, and (3) procedures for teaching relaxation to young children and children with developmental disabilities. The clear, concise text is supplemented by over 100 helpful illustrations.

Book Information

Spiral-bound: 92 pages

Publisher: Research Press; 1 edition (June 30, 1978)

Language: English

ISBN-10: 0878221867

ISBN-13: 978-0878221868

Product Dimensions: 0.5 x 9 x 11.2 inches

Shipping Weight: 10.4 ounces

Average Customer Review: 4.0 out of 5 stars 1 customer review

Best Sellers Rank: #257,990 in Books (See Top 100 in Books) #5 in Books > Reference >

Writing, Research & Publishing Guides > Publishing & Books > Bibliographies & Indexes >

Education #66 in Books > Health, Fitness & Dieting > Exercise & Fitness > For Children #712

in Books > Textbooks > Education > Special Education

Customer Reviews

Nice resource to use with children who have anxiety

[Download to continue reading...](#)

Relaxation: A Comprehensive Manual for Adults, Children, and Children With Special Needs (Out of Print-See revision 9780878227020) Land Law Revision Pack 2017: Law revision and study guide (Concentrate) Collins New Key Stage 3 Revision — Geography: All-In-One Revision And Practice Coloring Books for Adults Relaxation: Swear Word Animal Designs: Sweary Book, Swear Word Coloring Book Patterns For Relaxation, Fun, and Relieve Your Stress (Volume 5) Relaxing Coloring Book: Coloring Books for Adults Relaxation : Relaxation & Stress Reduction Patterns (Volume 45) Mandala colouring book for adults: Meditation, Relaxation & Stress Relief: +BONUS 60 free Mandala colouring pages (PDF to print) Sing You Home Large Print (Large Print, companion soundtrack, Large Print) Drama Education & Special Needs: A Handbook for Teachers in Mainstream & Special Schools Strategies for Teaching Learners with Special Needs, with

Enhanced Pearson eText -- Access Card Package (11th Edition) (What's New in Special Education)
50 Extra Large Print Word Search Puzzles and Solutions: Easy-to-see Full Page Seek and Circle
Word Searches to Challenge Your Brain (Big Font Find a Word for Adults & Seniors) (Volume 1)
Large Print Wordsearch Puzzles Bible Word Search: Giant Print Word Searches for Adults &
Seniors Large Print Wordsearches Puzzles Popular Movies of the 50s: Giant Print Word Searches
for Adults & Seniors Large Print Wordsearches Puzzles Popular Bible Characters: Giant Print Word
Searches for Adults & Seniors Large Print Wordsearches Puzzles Popular Bible Stories: Giant Print
Word Searches for Adults & Seniors Chicken Soup for the Soul: Children with Special Needs:
Stories of Love and Understanding for Those Who Care for Children with Disabilities Maze Puzzle
Games Book: Brain Challenging Maze Game Book for Teens, Young Adults, Adults, Senior, Large
Print, 1 Game per Page, Random Level Included: Easy, Medium, Hard Cock Coloring Book For
Adults: Penis Coloring Book For Adults Containing 40 Stress Relieving Funny Dick Coloring Pages
In a Paisley, Henna, Mandala ... (Dick Coloring Books For Adults) (Volume 1) Jokes: 3 Books in 1:
Best Jokes for Adults, Best Funny Stories for Adults, Best Funny Jokes for Adults Guided
Meditation: 30 Minute Guided Meditation for Sleep, Relaxation, & Stress Relief ((Self Hypnosis,
Affirmations, Guided Imagery & Relaxation Techniques) Progressive Relaxation (Relaxation &
Stress Reduction (Audio))

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)