



Less Stress for Kids: A Stress-Management Program for Parents, Teachers, and Children K-8

Dr. Brian M. Alman Ph.D.

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Kids nowadays are under tremendous stress in every aspect of their lives, in school, after school, in their social world, and in their families. Dr. Brian Alman's new book, Less Stress for Kids, shows children K-8 how to manage their stress in the most effective way, from the inside out. Kids learn to breathe, relax, and take themselves through a simple 3-step self-care process that Dr. Alman calls Going to the Movies. Chapter 1 explains the Going to the Movies process in easy language, with a little help from Mickey Mouse in The Sorcerer's Apprentice. Chapter 2 presents the Less Stress for Kids program, thirty-six illustrated exercises that offer fun and creative ways to practice Going to the Movies. And Chapter 3 tells the story of a confrontation between an Indian boy and a young rattlesnake, a fateful encounter that teaches both of them what growing up really means. By introducing your kids or students to the Going to the Movies process, and by helping them work through the Less Stress exercises, you'll be giving them a gift they can take with them all through life: a wonderful new confidence that they can manage their stress, instead of having it manage them.

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