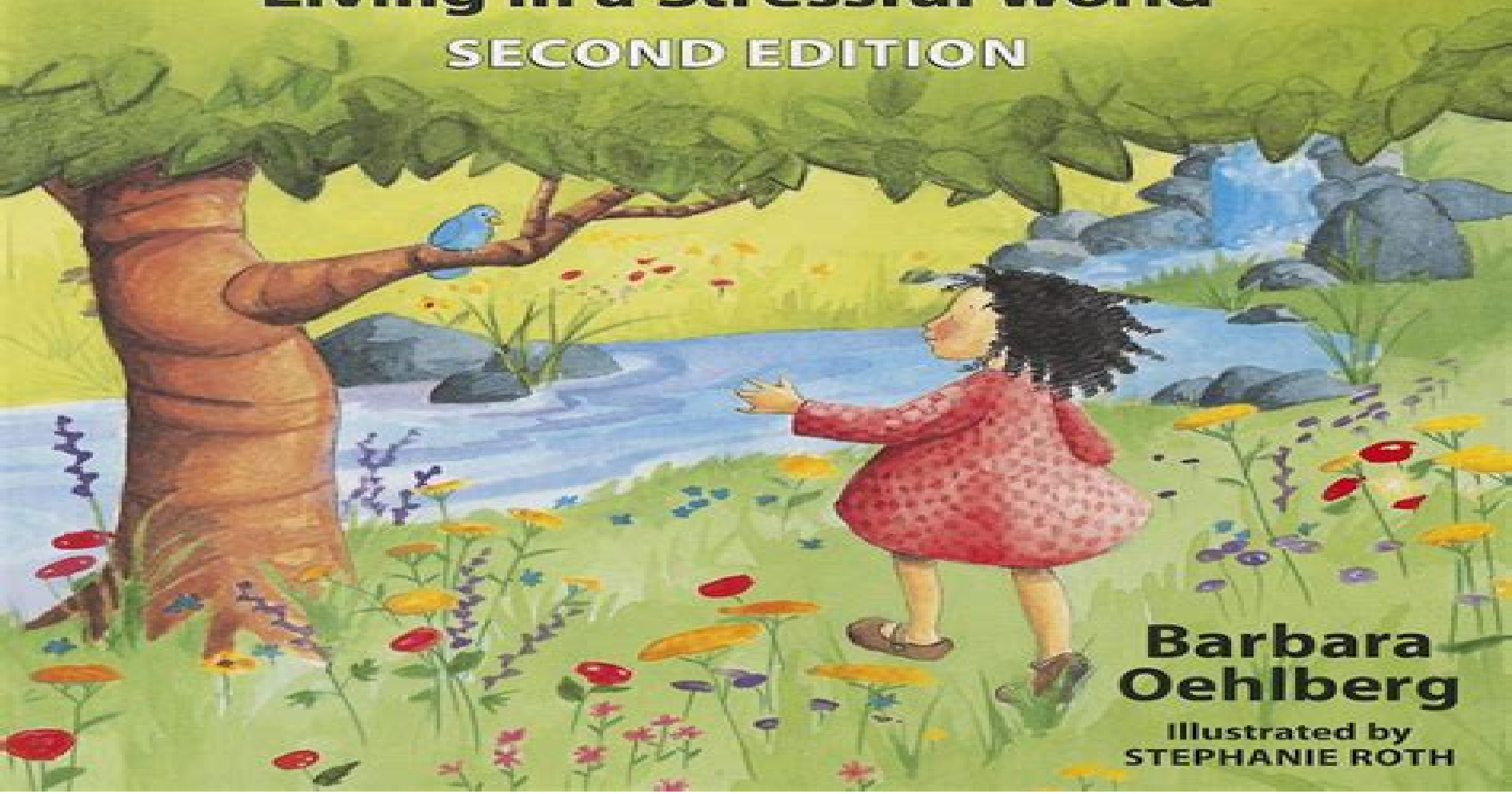


Making It **BETTER**

**Activities for Children
Living in a Stressful World**

SECOND EDITION



**Barbara
Oehlberg**

Illustrated by
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