



# Good Bye Ouchies and Grouchies Hello Happy Feelings!

*Lynne Namka Ed. D.*

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Too many sads, bads and mads at your house? Too many pesky, annoying, baffling, depressing, maddening, bothersome and awkward feelings keeping everyone upset? Are your child's out-of-control emotions making him or her and everyone else miserable? You can help your child learn to release unhappy feelings. The real truth about feelings: Feelings are meant to be felt, and then released! Typical children's problems are discussed with lightness and humor to help children understand themselves and be motivated to change. The book teaches The Emotional Freedom Technique (EFT) an exciting, fast-acting approach to release negative feelings. Acclaimed by therapists and thousands of people worldwide, EFT helps create a happier life. "I urge every parent to study this book and apply its contents to our young citizens. It will do more for the quality of their lives, and thus the emotional health of our planet, than all other forms of conventional counseling combined." Gary H. Craig, Founder of Emotional Freedom Techniques

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