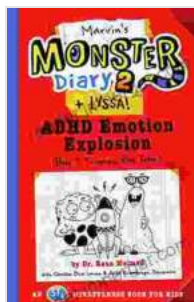


# ADHD Emotion Explosion: But Triumph Big Time! An ST4 Mindfulness for Kids Monster



## Marvin's Monster Diary 2 (+ Lyssa): ADHD Emotion Explosion (But I Triumph, Big Time), An ST4 Mindfulness Book for Kids (Monster Diaries)

by Raun Melmed

★★★★☆ 4.8 out of 5

Language : English

File size : 34574 KB

Screen Reader : Supported

Print length : 153 pages

Lending : Enabled

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## Unlock the Power of Mindfulness for Children with ADHD

In the whimsical world of "ADHD Emotion Explosion: But Triumph Big Time! An ST4 Mindfulness for Kids Monster," children with ADHD will embark on an extraordinary adventure that teaches them the transformative power of mindfulness.

Meet Max, a spirited and imaginative child with ADHD. Max struggles to control his emotions, leading to outbursts that leave him and those around him feeling overwhelmed and frustrated. But everything changes when Max encounters ST4, a wise and compassionate mindfulness monster.

Through a series of engaging stories and playful exercises, ST4 guides Max on a journey of self-discovery. Max learns how to recognize and

manage his emotions, develop self-awareness, and cultivate inner peace. With each adventure, Max's emotional explosions gradually subside, and he discovers a newfound sense of calm and control.

## **Empowering Children and Their Loved Ones**

"ADHD Emotion Explosion: But Triumph Big Time!" is not just a children's book; it's a lifeline for children with ADHD and their families. This book provides:

- **Practical mindfulness tools:** Simple and accessible mindfulness exercises that children can use in their daily lives to regulate their emotions.
- **Empowering narratives:** Inspiring stories that demonstrate how children with ADHD can overcome challenges and achieve success with mindfulness.
- **Support for parents and caregivers:** Guidance and tips for parents and caregivers on how to support children with ADHD in developing mindfulness skills.

## **The ST4 Mindfulness for Kids Program**

"ADHD Emotion Explosion: But Triumph Big Time!" is part of the ST4 Mindfulness for Kids program, a comprehensive approach to mindfulness education for children. The program is based on the latest research on mindfulness and ADHD and has been shown to improve emotional regulation, attention, and behavior in children with ADHD.

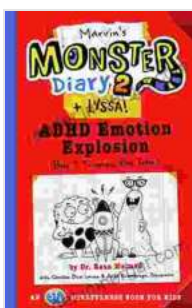
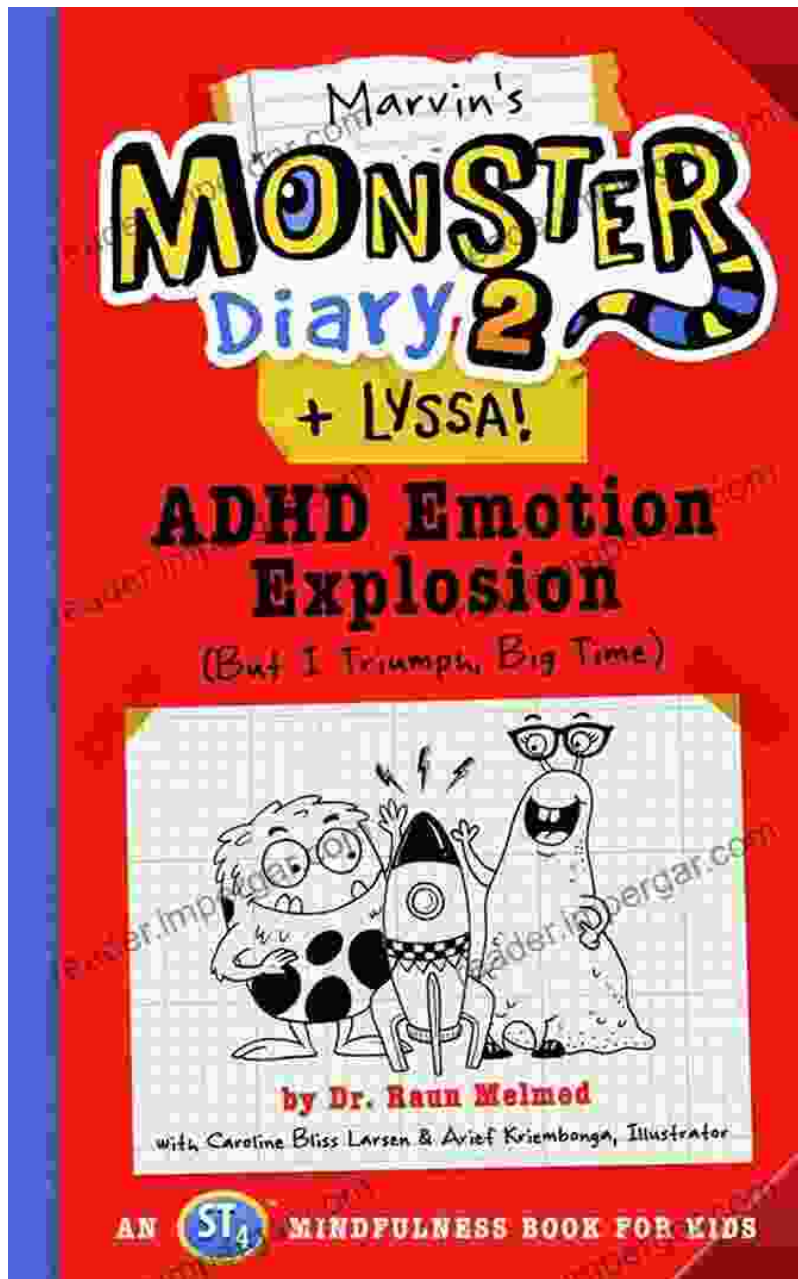
The ST4 Mindfulness for Kids program includes:

- **Mindfulness exercises:** Age-appropriate mindfulness practices designed to engage children and make mindfulness fun and accessible.
- **Mindful stories:** Engaging stories that teach children about mindfulness and its benefits.
- **Parent and caregiver resources:** Support and guidance for parents and caregivers on how to implement mindfulness at home.

### **Free Download Your Copy Today!**

Give the gift of mindfulness to a child with ADHD. Free Download your copy of "ADHD Emotion Explosion: But Triumph Big Time! An ST4 Mindfulness for Kids Monster" today and empower your child on a journey of self-discovery and triumph.

Available on Our Book Library, Barnes & Noble, and other leading booksellers.



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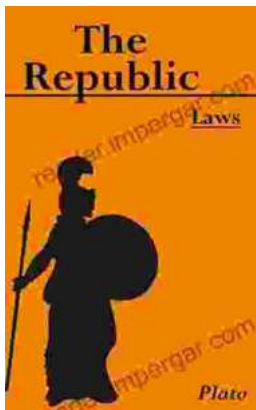
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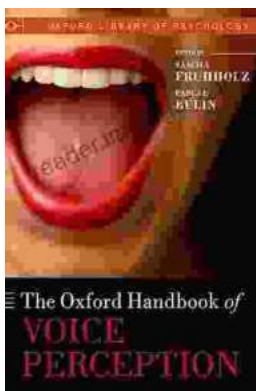
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