



# 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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