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# Happy, Healthy Minds

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[Elizabeth Schlenther](#) [3]

Not a Choice:

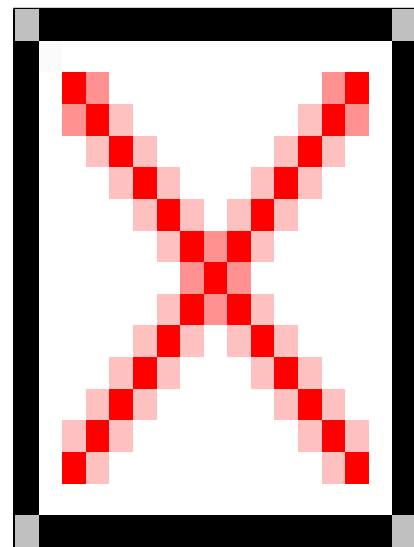
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Media type:

Book

BfK Rating:

4



This nicely produced book about keeping one's mind healthy provides a great deal of information and good coping strategies on lots of different emotional topics, such as problems with parents, feeling misunderstood, anger, anxiety, using screens well, bullies, confidence, patience, school, friends, and nature as a healing force. It also covers information about the adult world, thinking about jobs for the future and the necessity of one day living separate from your family. The text is well written and clear, and the pictures and diagrams, etc. very nicely done; however, I have one caveat. There is a great deal of text, and younger children, who would get lots out of the book, may well find it all overwhelming. Even some 10 year olds might balk at first glance. It certainly has good ideas, some of which are quite new to me, and the style is friendly and approachable. Using it with a parent or carer could well be the answer for those who find the text over-long. An impressive production, useful in helping children's emotional health.

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