



# Hands & Words Are Not For Hurting: Workbook

*Martie Morris Lee*

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## **Hands & Words Are Not For Hurting: Workbook** Martie Morris Lee

Hands & Words Are Not for Hurting - Workbook is for both girls and boys in Pre-School to 1st Grades. Delightful frogs, Sir Aiden and Lady Arianna guide kids through exercises including Timothy Turtle's Techniques to handle being upset and disappointed. The workbook is also appropriate for use in schools and agencies for individual and group programs for children. Additional youth/teen self-development titles: Cap'n Jack's Journey to Personal Power (grades 3-6). Your Journey to Personal Power - for Life. Workbook for Girls ('tweens and teens). Personal Power for Guys (Workbook. Teen guys). Prior to becoming a certified life coach, Martie Lee spent 20 years as an executive director of a non-profit that is in the business of empowering women, teens, 'tweens and children and she developed several youth personal development programs.

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