

陪孩子靜心10分鐘：8個練習學會情緒管理，提升心智成長，給孩子更聰明、更健康、更幸福的人生
[10 Mindful Minutes: Giving Our Children-and Ourselves- the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives]



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著者:歌蒂韓，溫蒂·荷頓 著，謝維玲 译

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评论

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书评

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