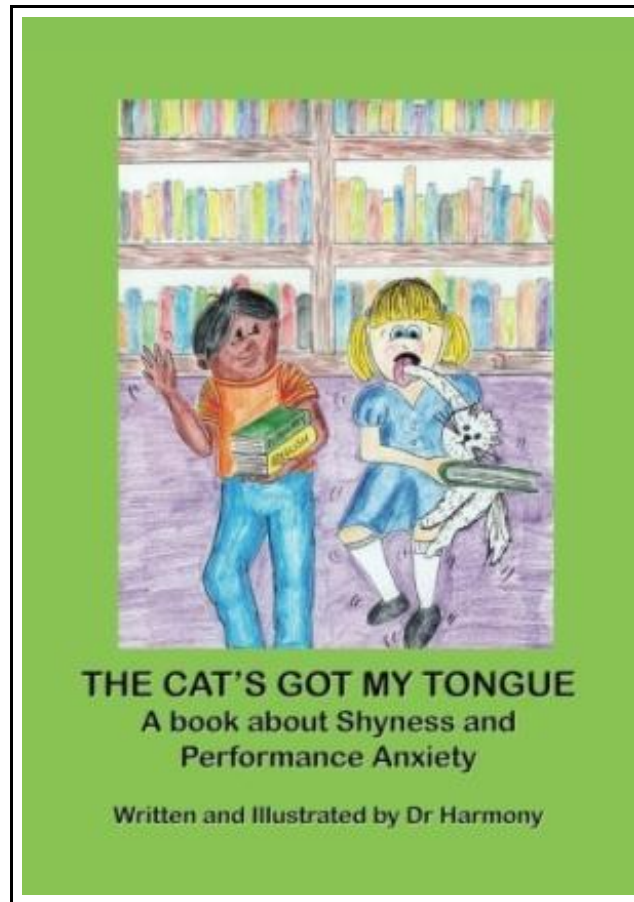


## The Cat s Got My Tongue- A Book about Shyness and Performance Anxiety



Filesize: 5.31 MB

### ***Reviews***

*A very amazing book with perfect and lucid answers. it absolutely was writtern quite flawlessly and useful. I am just easily will get a satisfaction of reading a created publication.*

*(Pearl Turcotte)*

## THE CAT S GOT MY TONGUE- A BOOK ABOUT SHYNESS AND PERFORMANCE ANXIETY

[DOWNLOAD](#)

Prosperous Alliance Enterprise Pty Ltd, United States, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Discover how Sal s pet cat, Matt, makes her feel nervous, shy and tongue-tied in this fun, rhyming educational book. Is she the only one who has a pet cat like Matt? Find out how she learns to live with Matt and build her confidence! Can you find Matt, hiding on each page? Kids, try out the fun activities in the back of the book to learn more about dealing with Matt. There is also a useful adults page at the end of the book to guide discussion with children about shyness and performance anxiety and managing it in constructive ways. The Cat s Got My Tongue- A book about Shyness and Performance Anxiety is one of four books in The Building Resilience picture book series. This series gives children, teachers and parents advice on how to deal with common situations and uncomfortable feelings. It also encourages parent-child discussion about difficult topics. Some topics (feelings and even common life events such as death) are traditionally taboo or are challenging for adults to talk about. If adults are uncomfortable talking about issues or feelings, it is even more difficult for children to discuss them or to know how to effectively cope with situations. This range of books opens the communication pathways, in a fun way, and helps children and adults face matters without shame, embarrassment or stigma. The author, Doctor Harmony, is an Australian psychiatrist and mother who has the desire to help build resilience in children by promoting awareness of feelings, positive communication and development of constructive coping skills. Having seen many adults who struggle with these issues, the hope is to prevent mental...



[Read The Cat s Got My Tongue- A Book about Shyness and Performance Anxiety Online](#)



[Download PDF The Cat s Got My Tongue- A Book about Shyness and Performance Anxiety](#)

## Relevant Books



### **Children s Educational Book: Junior Leonardo Da Vinci: An Introduction to the Art, Science and Inventions of This Great Genius. Age 7 8 9 10 Year-Olds. [Us English]**

Createspace, United States, 2013. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.ABOUT SMART READS for Kids . Love Art, Love Learning Welcome. Designed to...

[Save Document »](#)



### **Programming in D: Tutorial and Reference**

Ali Cehreli, 2015. Paperback. Book Condition: New. 254 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The main aim of this book is to teach D to readers who are...

[Save Document »](#)



### **Children s Handwriting Book of Alphabets and Numbers: Over 4,000 Tracing Units for the Beginning Writer**

Createspace, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Children s Handwriting Book of Alphabets and Numbers provides extensive focus on...

[Save Document »](#)



### **A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half**

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to...

[Save Document »](#)



### **Ella the Doggy Activity Book**

Husky Publishing, United States, 2015. Paperback. Book Condition: New. 254 x 203 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This activity book is comprised of crossword puzzles, word search games, word...

[Save Document »](#)