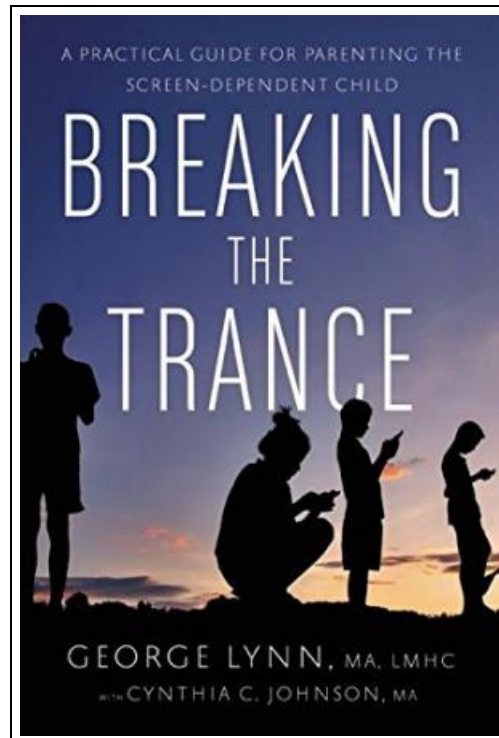


Breaking the Trance: A Practical Guide for Parenting the Screen-Dependent Child



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Reviews

A superior quality publication and the font employed was exciting to read through. It is among the most awesome book i have read. I am effortlessly could get a enjoyment of reading a created publication.
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BREAKING THE TRANCE: A PRACTICAL GUIDE FOR PARENTING THE SCREEN-DEPENDENT CHILD



Central Recovery Press. Paperback. Condition: New. 208 pages. Screen media use (accessing digital content on tablets, cell phones, etc.) is quickly replacing traditional family time, and there is an accepted reality that nothing can be done. With few resources available, many parents are driven to the challenge of looking for a new framework to make the best decisions for their families. Written as an easy-to-follow guide for parents who want to understand recreational screen media use in their homes, *Breaking the Trance* does not blame parents, nor vilifies technology as a whole, but rather provides easy and effective strategies to implement immediately. Using clinical examples and specific guidelines, the authors equip parents with tools for measuring the presence of an issue with screen media use toward getting screen-dependency under control. Ultimately, parents will be able to establish a screen control plan based on their own families values that works and can be enforced. George T. Lynn, MA, LMHC, is a psychotherapist from Bellevue, Washington, who has pioneered the use of psychotherapy for adults and children with neuropsychological issues. George is author of four previous books on the topic of parenting children with neurological differences and has appeared on National Public Radio, Air America, and the Maury Povich Show to talk about his work with children who exhibit extreme behavior problems. Cynthia C. Johnson, MA, is an educator and founding director of the Venture Program at Bellevue College, the first degree program in the nation designed for students challenged with learning and intellectual disabilities. She holds a Masters Degree in Educational Administration. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.



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