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# Therapy Games: Creative Ways to Turn Popular Games Into Activities That Build Self-Esteem, Teamwork, Communication Skills, Anger Management, Self-Discovery, and Coping Skills

By Alanna Jones



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Just pull a game off the shelf, follow the directions found in this book, and occasionally add some simple items like paper and pens. You re now ready to play fun, engaging, and brand new therapy games!



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- Sales Rank: #31379 in Books
- Brand: S&S Worldwide
- Published on: 2013-08-05
- Original language: English
- Number of items: 1
- Dimensions: 8.90" h x .70" w x 6.00" l, 1.00 pounds
- Binding: Paperback
- 272 pages

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#### **About the Author**

Alanna Jones is the author of the popular book *104 Activities that Build: Self-Esteem, Teamwork, Communication, Anger Management, Self-Discovery, and Coping Skills*. She has also authored several other game books with over 200,000 copies of her books sold. For her complete biography see her Amazon Author Page.

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