



Healing Days: A Guide for Kids Who Have Experienced Trauma

Susan Farber Straus

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Healing Days is a sensitive and reassuring story intended for children who have experienced trauma and covers the feelings, thoughts, and behaviors that many kids have after a bad and scary thing happens. A useful book to read with a parent or therapist, Healing Days emphasizes that children are not to blame for what happened, and that they can get help and look forward to a happy future. Kids will begin to understand their response to the trauma and learn some strategies for feeling safer, more relaxed, and more confident.



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