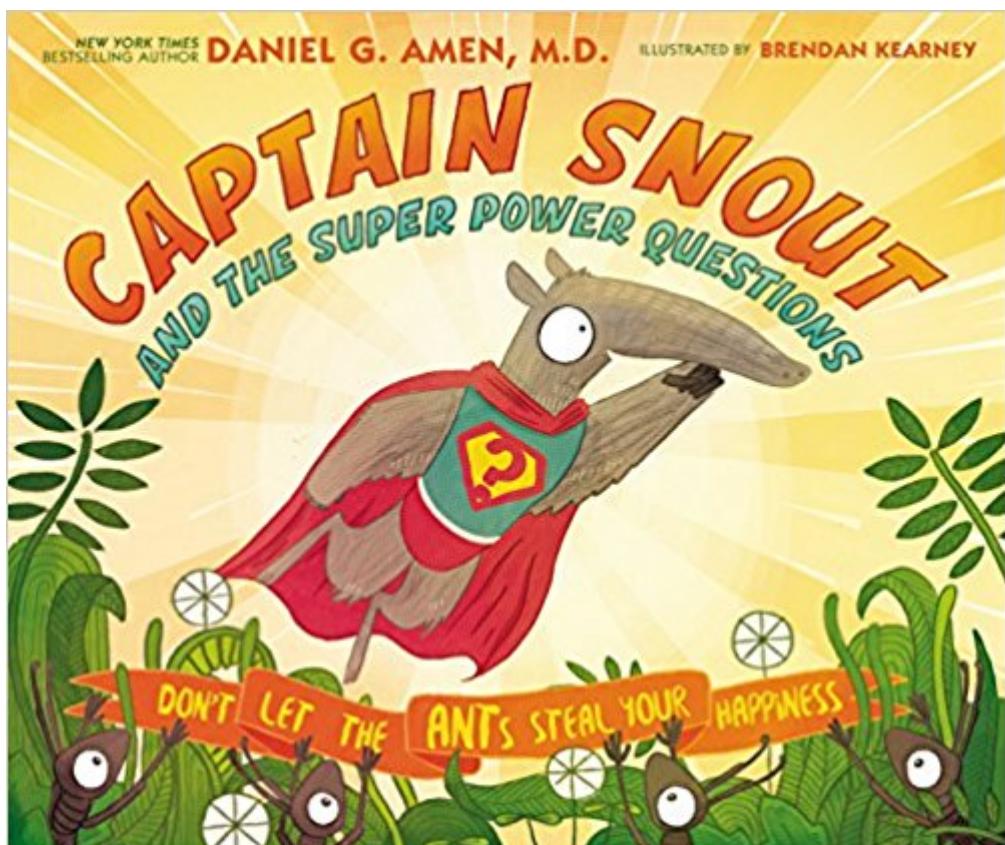


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# Captain Snout And The Super Power Questions: Don't Let The ANTs Steal Your Happiness



## **Synopsis**

Captain Snout and the Super Power Questions; Don't Let the Ants Steal Your Happiness, written by board certified child psychiatrist Dr. Daniel Amen, playfully encourages children to correct their negative thinking patterns in order to live happier and healthier lives. Comical illustrations bring the story alive as our main character, Captain Snout, reveals the super power questions that can rid us of our automatic negative thoughts (ANTs) and lead to accurate and truthful thinking. This picture book, based on a popular Cognitive-Behavioral Therapy technique, will help readers do just that.

## **Book Information**

Hardcover: 40 pages

Publisher: Zonderkidz (September 12, 2017)

Language: English

ISBN-10: 0310758327

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Package Dimensions: 10.7 x 9.1 x 0.6 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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Age Range: 4 - 8 years

Grade Level: Preschool - 3

## **Customer Reviews**

The Washington Post called Daniel Amen, MD the most popular psychiatrist in America and Sharecare named him the web's #1 most influential expert and advocate on mental health. Dr. Amen is a physician, double board certified psychiatrist, television producer and ten-time New York Times bestselling author. He is the Founder and Medical Director of Amen Clinics in Costa Mesa and San Francisco, California, Bellevue, Washington, Reston, Virginia, Atlanta, Georgia and New York, New York. While studying Architecture, Brendan Kearney realized he didn't like rulers. He also discovered that drawing pictures for a living was a legitimate and fun career option, so he traded architecture for illustration as quickly as he could. Brendan now creates children's book, bringing his own chaotic style and ideas to his projects. If you can't find him drawing you're likely to find him with a guitar or banjo in hand.

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