



# **Flying Lessons: 122 Strategies to Equip Your Child to Soar into Life with Confidence and Competence**

*Gregg Steinberg*

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## **Flying Lessons: 122 Strategies to Equip Your Child to Soar into Life with Confidence and Competence**

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*Flying Lessons* shows parents how to enhance their child's mental game using targeted activities, which were developed over 15 years of working with children. These exercises teach values such as setting and achieving goals, team building, fair play, and personal responsibility.

This book equips kids with the same techniques being taught to adults by executive or life coaches. These are the skills and techniques parents want their children to learn in a fun, non-threatening and effective way. The lasting impact of the author's approach is that children respond like champions in every aspect of their day-and for the rest of their lives. Chapters include:

- Talk Yourself Into Greatness
- Direct Your Own Mental Movies
- Act Like a Star
- Carbon Copy Greatness
- Fill Your Mind with Moments of Gold
- Pen a Babe of a Nickname

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