



**The Skills System Instructor's Guide: An
Emotion-Regulation Skills Curriculum for All
Learning Abilities [SKILLS SYSTEM
INSTRUCTORS GD] [Paperback]**

Julie F.-(Author) Brown

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Having the capacity to benefit from emotions, rather than being paralyzed by them, offers people the opportunity to navigate difficulties, while being able to face life, relationships, and themselves with courage, grace, and strength. In "The Skills System Instructor's Guide," author Julie F. Brown provides a curriculum for helping people improve emotion regulation capacities, which allows the per...

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