



# Real Life Heroes: A Life Storybook for Children, Third Edition

*Richard Kagan*

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*Real Life Heroes Life Storybook* is a highly regarded tool that engages children with traumatic stress. The resiliency-centered format and structure of the *Real Life Heroes Life Storybook* is coupled with Real Life Heroes treatment and session structure outlined in the *Real Life Heroes Toolkit for Treating Traumatic Stress in Children and Families*. Together they work to help practitioners broaden each child and caregivers' "therapeutic window" for skill development and desensitization. *Real Life Heroes Life Storybook* encourages safety and trust, and practitioners will find it addresses the core components of evidence-supported treatment for children with complex trauma. This thoroughly updated edition uses a creative arts approach that encourages children to work with caring adults to develop autobiographies through a wide range of activities, including drawings, music, movies, and narrative. The results foster positive values and a sense of pride in children as they form a stronger bond with caring and committed adults and protection from adversity and stressors that exist in everyday life. This workbook gives children a sense of value that can promote transformation of troubled children from victims into tomorrow's heroes.

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