



A Week of Switching, Shifting, and Stretching: How to Make My Thinking More Flexible

Lauren H. Kerstein

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This picture book assists children on the autism spectrum, and any child for that matter, in examining their black-and-white thinking in order to begin to think more flexibly rainbow thinking. Using repeated rhymes and illustrations, the child begins to recognize that the more flexible his or her thinking is, the better he or she is able to cope with the challenges that life presents, ultimately leading to fewer tantrums and meltdowns.

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