

From: Resources XYZ <info@resourcesxyz.com>
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Subject: Resources for Work and Life - Educational, Mental Health, Parenting

Complimentary Resources

[Understanding Anxiety in Children](#)

[Helping Your Child After a Crisis](#)

[Changing Negative Self-Talk](#)

[Helping Children Through Conflict](#)

and more...

Find **MORE RESOURCES HERE**

Products

Select the general area you are looking for to find out more:

[MENTAL HEALTH](#) - trauma, fear, grief, loss and more...

[HEALTH](#) - wellness, insomnia, back ache and more...

[EDUCATIONAL](#) - learn spanish, math help, reading help, group games and more...

[PARENTING](#) - self-esteem, colic relief, teen help and more...

[LEADERSHIP & BUSINESS](#) - project management, book summaries, managers guide, public speaking and more...

[ENTREPRENEURIAL](#) - e-commerce, wealth formula, networking, marketing and more...

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