

Captain Snout And The Super Power Questions Don T Let The Ants Steal Your Happiness

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Captain Snout

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New York Times bestselling author and board-certified child psychiatrist Dr. Daniel Amen would like to help with his motivational picture book, Captain Snout and the Super Power Questions! Captain Snout encourages children to live a happier and healthier life with a more positive outlook. Don't let ANTS steal your happiness! That is what Captain Snout says loud and clear in this playful and encouraging book about living a positive life without the stress of negativity. What exactly are these ...

[Captain Snout and the Super Power Questions: Don't Let the ...](#)

Captain Snout is a Superhero aardvark. ANTs are Automatic Negative Thoughts. These negative thoughts pop up quickly and we have to fight them quickly. A group of children are raising money for a puppy with a car wash. Business is slow and the kids get negative. The ANTs are swarming their thoughts and they start fighting until Captain Snout shows up.

[Captain Snout and the Super Power Questions: Don't Let the ...](#)

Captain Snout and the Super Power Questions; Don't Let the Ants Steal Your Happiness, written by board certified child psychiatrist Dr. Daniel Amen, playfully encourages children to correct their negative thinking patterns in order to live happier and healthier lives. Comical illustrations bring the story alive as our main character, Captain Snout, reveals the super power questions that can rid us of our automatic negative thoughts (ANTs) and lead to accurate and truthful thinking.

[Captain Snout and the Super Power Questions: Don't Let the ...](#)

Captain Snout and the Super Power Questions, written by ten-time New York Times bestselling author Dr. Daniel Amen, is a playful and humorous story that empowers children and shows them how to get rid of their automatic negative thoughts. Captain Snout and the Super Power Questions; Dont Let the An

[Captain Snout and the Super Power Questions ...](#)

Comical illustrations bring the story alive as our main character, Captain Snout, reveals the super power questions that can rid us of our automatic negative thoughts (ANTs) and lead to accurate and truthful thinking. This picture book, based on a popular Cognitive-Behavioral Therapy technique, will help readers do just that.

[Captain Snout and the Super Power Questions by Daniel Amen ...](#)

If so, enter Captain Snout and the Super Power Questions! In this lesson, Ms. Shaw teaches students about ANTs (Automatic Negative Thoughts) that enter our brains and try to sabotage our happiness. In the story, a superhero by the name of Captain Snout, teaches children to use his super power questions to overcome their ANTs.

["Captain Snout and the Super Power Questions" Lesson on Vimeo](#)

Comical illustrations bring the story alive as our main character, Captain Snout, reveals the super power questions that can rid us of our automatic negative thoughts (ANTs) and lead

to accurate and truthful thinking. This picture book, based on a popular Cognitive-Behavioral Therapy technique, will help readers do just that. The fun, super power vs villain tale will show kids how the super power questions can defeat the many different kinds of ANTs that may try to steal their thoughts.

~~Captain Snout and Super Power Questions—ANTS Book~~

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~~Captain Snout and the Super Power Questions: Don't Let the ...~~

Captain Snout and the Super Power Questions; Don't Let the Ants Steal Your Happiness, written by board certified child psychologist Dr. Daniel Amen, playfully encourages children to correct their negative thinking patterns in order to live happier and healthier lives. Comical illustrations by Brendan Kearney bring the story alive as our main character, Captain Snout, reveals the super power questions that can rid us of our automatic negative thoughts (ANTS) and lead to accurate and truthful ...

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Captain Snout And The Super Power Questions: Don't Let The Ants Steal Your Happiness: Daniel Amen, Dr., Brendan Kearney: Amazon.com.au: Books

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~~Captain Snout and the Super Power Questions by Dr. Daniel ...~~

Shop for Captain Snout and the Super Power Questions: Don't Let the ANTs Steal Your Happiness from WHSmith. Thousands of products are available to collect from store or if your order's over £20 we'll deliver for free.

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