



## What to Do When Bad Habits Take Hold: A Kid's Guide to Overcoming Nail Biting and More (What to Do Guides for Kids)

By Dawn Huebner

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This publication guides children and their parents through the cognitive-behavioural techniques used to treat a variety of habits. The book features engaging examples and lively illustrations.

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*By Dawn Huebner*

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### Editorial Review

About the Author

**Dawn Huebner**, PhD, is a clinical psychologist in Exeter, New Hampshire, specializing in the treatment of children and their parents. She is the author of the *What-to-Do* Guides for Kids series.

**Bonnie Matthews** has illustrated many children's books. Her whimsical characters have also appeared in more than 100 magazines worldwide, as well as on greeting cards, gift wrap, can labels, and even the cover of the Lands' End Kids catalog. She lives in Baltimore.

### Users Review

**From reader reviews:**

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**Albert Hartley:**

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