

Exercises for more strength, self-confidence, and self-awareness



Anja Frenzel **That's Good for Me, Mama!**

[Das tut mir gut, Mama!]
Paths to relaxation, energy,
and joy of life through the
'Place of Joy' method

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photos

Anja Frenzel, born in 1971, works as a special education teacher and a relaxation and self-esteem trainer, and in adult education in the field of personality development. After a period of burnout and thyroid problems, she developed the Glückspunkt ('Place of Joy') Method with many types of media and materials for children and adults.

With the 'Place of Joy' method, after quickly reaching a very deep state of relaxation by way of a focusing exercise, children set off on a journey of discovery to their feelings of happiness; they become calm, perceive themselves more clearly, and thus experience a feeling of joy for life.

With the exercises of this method, which can be practiced anywhere and at any time (by adults as well), children become stronger in themselves and develop greater self-confidence and self-awareness. By focussing on their feeling of happiness, they learn to deal with their emotions and with the challenges of everyday life.

Along with its theoretical and practical introduction, the book includes 30 exercises as well as stories, songs, fantasy travels, games, movement exercises, and handicrafts for young children four years and up. A website with extensive downloads complements the book.

- New and simple techniques that can be used anywhere, anytime
- Extensive practice section for children and adults, with additional material for download
- Quick and easy relaxation for children and adults