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Art of Roughhousing: Good Old Fashioned Horseplay and Why Every Kid Needs it

By Anthony Benedet, Lawrence Cohen

Quirk Books. Paperback. Book Condition: new. BRAND NEW, Art of Roughhousing: Good Old Fashioned Horseplay and Why Every Kid Needs it, Anthony Benedet, Lawrence Cohen, Physical play - what some might call roughhousing - is being marginalized. Gym classes are getting shorter. Recess periods are being eliminated. Some new schools don't even have playgrounds. But Drs. Anthony T. DeBenedet and Lawrence Cohen are here to shake things up-literally! "The Art of Roughhousing" teaches parents how rough - and -tumble play can nurture close connections, solve behavior problems, boost confidence, and more. Drawing from gymnastics, martial arts, ballet, traditional sports, and even animal behavior, the authors present fifty illustrated activities for children and parents to enjoy together - everything from the Sumo Deadlift to the Rogue Dumbo. Arriving just in time for Father's Day, "The Art of Roughhousing" is the perfect gift for rowdy dads everywhere.



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