



Nathan Meets His Monsters

Joseph Kropp

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This story is based on the Internal Family Systems (IFS) Model and is designed to give Caregivers, Teachers, and Therapists a tool for helping young children identify and unburden their fears. When children learn to listen to them, fears become less extreme and scary. And when children are not hindered by their fears, they become calm and curious rather than fearful; clear, confident, compassionate, and courageous within themselves and with those around them; creative in their approach to life and connected to others in meaningful ways. When reading this book to children, invite them to voice their own fears and encourage them to listen to those fears, just like Nathan did in the story.

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