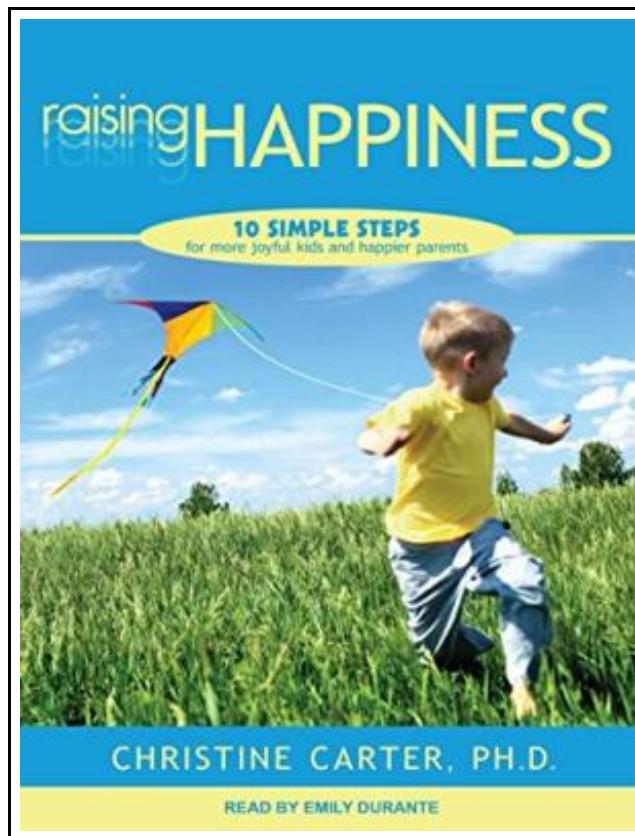


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RAISING HAPPINESS: 10 SIMPLE STEPS FOR MORE JOYFUL KIDS AND HAPPIER PARENTS

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Tantor. No binding. Book Condition: New. MP3 CD. Dimensions: 7.5in. x 5.4in. x 0.6in.What do we wish most for our children Next to being healthy, we want them to be happy, of course! Fortunately, a wide array of scientific studies show that happiness is a learned behavior, a muscle we can help our children build and maintain. Drawing on what psychology, sociology, and neuroscience have proven about confidence, gratefulness, and optimism, and using her own chaotic and often hilarious real-world adventures as a mom to demonstrate dos and donts in action, Christine Carter, Ph. D. , executive director of UC Berkeleys Greater Good Science Center, boils the process down to 10 simple happiness-inducing steps. With great wit, wisdom, and compassion, Carter covers the day-to-day pressure points of parentinghow best to discipline, get kids to school and activities on time, and get dinner on the tableas well as the more elusive issues of helping children build healthy friendships and develop emotional intelligence. In these 10 key steps, she helps you interact confidently and consistently with your kids to foster the skills, habits, and mindsets that will set the stage for positive emotions now and into their adolescence and beyond. You will discover: the best way avoid raising a bratchanging bad habits into good ones tips on how to change your kids attitude into gratitude the trap of trying to be perfectand how to stay clear of its pitfalls the right way to praise kidsand why too much of the wrong kind can be just as bad as not enough the spirit of kindnesshow to raise kind, compassionate, and loving children strategies for inspiring kids to do boring (but necessary) tasksand become more self-motivated in the processComplete with a series of try this tips, secrets, and strategies, Raising Happiness is a one-of-a-kind...



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