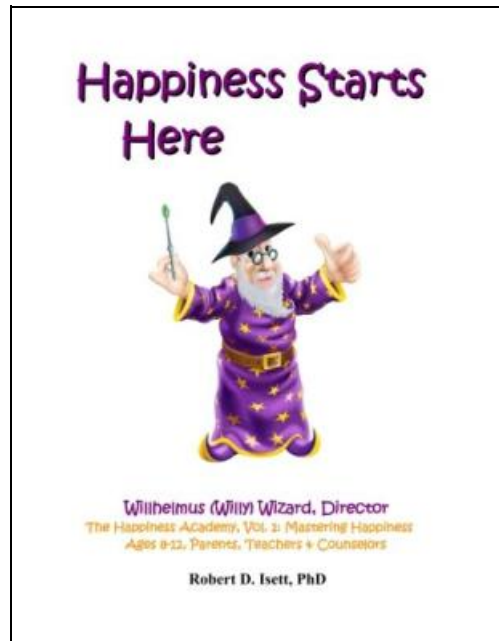


Happiness Starts Here (Paperback)



Filesize: 2.31 MB

Reviews

The book is great and fantastic. Better than never, though I am quite late in starting reading this one. I realized this publication from my dad and I advised this ebook to find out.

(Dr. Blair Mann)

HAPPINESS STARTS HERE (PAPERBACK)



Robert Isett, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Everyone can be happier and more confident if they are given the chance. So, we want to give everyone that chance. At Happiness Starts Here, you will find wizardly learning materials (guides for kids, as well as parents, teachers and counselors) to improve happiness, self-esteem, coping and a whole lot more. Join us inside. Learn, have some fun, and become a happiness wizard! Most people have trouble describing what emotions are or the best ways to fix them. Without this knowledge, they have difficulty holding on to happiness. But don't worry, Happiness Starts Here will give you the answers you need to master your emotions and happiness. An Important Message for Parents, Teachers and Counselors, We recognize that emotional health and happiness require a sound foundation. Anxiety, depression, addiction and other emotional problems often arise because this foundation is not strong enough. Behavioral education builds emotional self-regulation, coping ability, positivity and self-esteem. By strengthening these essential skills, behavioral education helps to optimize emotional adjustment as well as prevent and correct emotional problems. Happiness Start Here creates this opportunity for young minds. Happiness Starts Here helps children master essential concepts and behavioral tools for emotional health. Aided by age-appropriate, practical examples, as well as illustrations and exercises, young readers gain important knowledge about feelings and emotions as well as core skills for emotional health and happiness. A strong emotional foundation is especially important for kids about to enter middle school. Importantly, the reading level and content of Happiness Starts Here are designed so that elementary school children can learn these critical skills. Developing this foundation at an early age will promote behavioral health in elementary school, middle school and well beyond. Your involvement...



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