



Happiness Starts Here (Paperback)

By Robert D Isett Phd

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...



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Reviews

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-- **Kirstin Schuppe**

Very helpful to all of class of folks. This is certainly for all who state there had not been a worthy of studying. Once you begin to read the book, it is extremely difficult to leave it before concluding.

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