



I Just Want My Kids to Be Happy! Why You Shouldn't Say It, Why You Shouldn't Think It, What You Should Embrace Instead

By Aaron Cooper, Eric Keitel

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Millions of loving parents say that their children's happiness is the most important thing. But what these well-intentioned moms and dads don't know is that a certain kind of devotion to the happiness creed hurts, rather than helps, *both* generations. It's perhaps the leading cause, the authors argue, of the increasing incidence of youth worry, anxiety, and depression. We all want our kids to be happy, but there's a secret behind making it happen that every parent should know. This surprising and highly readable book, drawing from twenty years of research in the happiness field, reveals that secret, and gives parents a blueprint for aiming their kids toward authentically happy lives.

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I Just Want My Kids to Be Happy! Why You Shouldn't Say It, Why You Shouldn't Think It, What You Should Embrace Instead By Aaron Cooper, Eric Keitel Bibliography

- Sales Rank: #1231956 in Books
- Brand: Brand: Late August Press
- Published on: 2008-02
- Original language: English
- Number of items: 1
- Dimensions: .53" h x 5.54" w x 8.42" l, .54 pounds
- Binding: Paperback
- 176 pages

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Editorial Review

Review

"This book feels so new and rich...the perfect guide for parents who want their children to enjoy truly contented lives...This wise book points the way." --**Kama Einhorn**, Senior Editor, *Sesame Street Magazine*

"Our devotion to our children's happiness can sometimes lead us astray. This excellent and important book describes the common missteps every parent should know about." --**Edward Hallowell, M.D.**, author of *Driven to Distraction* and *The Childhood Roots of Adult Happiness*

"This relevant book gets it just right. The key to real happiness isn't by keeping a smile on our kids' faces. The important lessons for parents to impart are all inside this practical and helpful book." --**Antoinette M. Saunders, Ph.D.**, author of *The Stress-Proof Child: A Loving Parent's Guide*

About the Author

Aaron Cooper, Ph.D., is a Harvard-educated psychologist and teacher with more than thirty years of experience working with children and families. He is Director of FamilyMattersOnline at The Family Institute at Northwestern University.

Eric Keitel, M.Ed., has been a teacher and principal for the past 16 years. He is Director of Family Education at an independent school on Chicago's north side.

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Donna Davis:

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