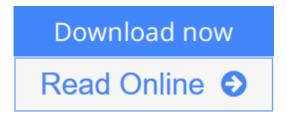


I Just Want My Kids to Be Happy! Why You Shouldn't Say It, Why You Shouldn't Think It, What You Should Embrace Instead

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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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.

Users Review

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The book 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 can give more knowledge and also the precise product information about everything you want. Exactly why must we leave the best thing like a book 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? Several of you have a different opinion about e-book. But one aim which book can give many data for us. It is absolutely right. Right now, try to closer along with your book. Knowledge or details that you take for that, you can give for each other; you can share all of these. Book 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 has simple shape but the truth is know: it has great and massive function for you. You can appearance the enormous world by available and read a book. So it is very wonderful.

Ronald Karl:

Reading can called brain hangout, why? Because if you are reading a book specially book entitled 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 your brain will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging every single word written in a guide then become one type conclusion and explanation that will maybe you never get previous to. The 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 giving you a different experience more than blown away the mind but also giving you useful data for your better life within this era. So now let us explain to you the relaxing pattern the following is your body and mind will likely be pleased when you are finished reading through it, like winning a sport. Do you want to try this extraordinary investing spare time activity?

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