

## Happy Kids Happy You: Using NLP To Bring Out The Best In Ourselves And The Children We Care For

With all the parenting information out there and the constant pressure to be the “perfect” parent, it seems as if many parents have lost track of one very important piece of the parenting puzzle: raising happy kids. Parenting today has gotten far too complicated. It’s never been the easiest job in the world, but with all the “parenting advice” parents are met with at every corner, it’s hard not to become bewildered. It seems that in the past it was a good deal simpler. You made sure there was dinner on the table and the kids got to school on time and no one set anything on fire, and you called it a success. But today everybody has a different method for dealing with the madness--attachment parenting, free-range parenting, mindful parenting. And who is to say one is more right or better than another? How do you choose? The truth is that whatever drumbeat you march to, all parents would agree that we just want our kids to be happy. It seems like a no-brainer, right? But in the face of all the many parenting theories out there, happiness feels like it has become incidental. That’s where *The Happy Kid Handbook* by child and adolescent psychotherapist and parenting expert Katie Hurley comes in. She shows parents how happiness is the key to raising confident, capable children. It’s not about giving in every time your child wants something so they won’t feel bad when you say no, or making sure that they’re taking that art class, and the ballet class, and the soccer class (to help with their creativity and their coordination and all that excess energy). Happiness is about parenting the individual, because not every child is the same, and not every child will respond to parenting the same way. By exploring the differences among introverts, extroverts, and everything in between, this definitive guide to parenting offers parents the specific strategies they need to meet their child exactly where he or she needs to be met from a social-emotional perspective. A back-to-basics guide to parenting, *The Happy Kid Handbook* is a must-have for any parent hoping to be the best parent they can be.

*Help Your Child Form Good Habits Early* Lay a strong foundation for future learning and success by introducing your preschooler to Stephen Covey's 7 Habits. This engaging and entertaining workbook offers an early introduction to these 7 Habits that have already changed the lives of millions of people of all ages. *The 7 Habits of Happy Kids* weaves values, lessons, and inspiration into preschool skill building activities for ages 3-5. This book adapts the lessons from the New York Times bestseller, *The 7 Habits of Highly Effective People*, into activities that will help prepare your child for school, both socially and academically. It breaks down each habit, making it accessible to children and easy to apply into their world. Help your child develop a growth mindset with the activities in this book. It will help them communicate effectively, solve problems, build their self-esteem, and more! The wisdom inside is applicable to all, and perfectly adapted for young and growing minds.

Parenting without anxiety, guilt, or feeling overwhelmed *Happy Parents Happy Kids* is the ultimate no-guilt guide to boosting your enjoyment of parenting while at the same time maximizing the health and happiness of your entire family. You can find ways to take care of yourself while you’re busy raising a family—just as you can choose to use parenting strategies that work for you and your kids. This practical and encouraging book will help you · Discover what less-stressed-out parents know about minimizing the fallout from work-life imbalance (to say nothing of all the other things our generation of parents can’t help but feel anxious about) · Tackle the challenges of distracted parenting (in a way that helps kids to develop healthy relationships with technology) · Balance your hopes and dreams for your children with the demands of the rest of your life · Manage screen time for your whole family with simple and effective strategies · Learn mindfulness strategies that can make parenting easier and can be effortlessly worked into your daily life · Live healthier (including a crash course on the science of habit change) · Become a calmer and more confident parent so that you can stop feeling bad and raise astonishingly great kids The takeaway message is clear, powerful, and potentially life-changing. You can lose the guilt, embrace the joy, and thrive alongside your kids.

International bestseller As seen in *The Wall Street Journal*--from free play to cozy together time, discover the parenting secrets of the happiest people in the world What makes Denmark the happiest country in the world--and how do Danish parents raise happy, confident, successful kids, year after year? This upbeat and practical book presents six essential principles, which spell out P-A-R-E-N-T: Play is essential for development and well-being. Authenticity fosters trust and an "inner compass." Reframing helps kids cope with setbacks and look on the bright side. Empathy allows us to act with kindness toward others. No ultimatums means no power struggles, lines in the sand, or resentment. Togetherness is a way to celebrate family time, on special occasions and every day. The Danes call this *hygge*--and it's a fun, cozy way to foster closeness. Preparing meals together, playing favorite games, and sharing other family traditions are all *hygge*. (Cell phones, bickering, and complaining are not!) With illuminating examples and simple yet powerful advice, *The Danish Way of Parenting* will help parents from all walks of life raise the happiest, most well-adjusted kids in the world.

*Peaceful Parent, Happy Kids*

*How to Foster Inner Confidence, Success, and Happiness*

Just the Way I Am

How Schools and Parents Around the World are Inspiring Greatness, One Child at a Time

Growing Happy Kids

The Science and Sense of Giving Your Kids More Control Over Their Lives

What Makes Me Happy?

What are the keys to raising happy and healthy children? First and foremost are the life force, wisdom, and love of the parents. Happy Parents, Happy Kids will give all parents essential guidance to themselves as they face the challenges and worries of raising the next generation. The SGI president's warm and broad-minded advice will serve as reliable guideposts as mothers and fathers seek to raise happy families. Topics include: \* Respecting each child's individuality \* Dealing with delinquency \* The importance of parents changing themselves first \* How best to discipline \* School and studies \* Contributing to a stress-free family life. We all know that raising happy, confident and resilient children can be a tough job in this fast-paced world – and there's never any shortage of well-meaning advice on how to be a parent. If you're anxious and struggling to cope with the pressures of school and family life – or if you worry that you're not doing enough to support your child through their problems – give yourself a break. This book really can help you. Clinical psychologist Dr Genevieve von Lob draws on her extensive experience working with hundreds of families to provide a simple 10-step plan for a stress-free family life. As you learn to tackle the dilemmas every parent faces and defuse tension and anxiety in the home, Genevieve also aims to bring a sense of confidence, calm and balance both to you and your child. This is a practical guide – and essential reading for every parent.

You were someone before pregnancy and parenthood-but where did that person go? Motherhood is a gift of unimaginable love and happiness. But in between playdates and naptime, you can't help but miss the things from your old life...and answering to your real name instead of "Mom." The identity collision of becoming a mother can leave you scrambling to reinvent yourself. With the glory of motherhood come unexpected emotions of anger, anxiety, and even postpartum depression, as new responsibilities provide new challenges. In Happy Mom, Happy Kid, Expert Secrets Academy founder Maria Luisa Moore and Zelmira Crespi reveal how to reclaim yourself from motherhood to positively impact your life and your family. With science-backed advice and true stories, this is your guide to overcoming matrescence (the psychological and emotional changes you go through after the birth of a child) and finding self-fulfillment as a successful mother-without surrendering your own identity. You'll discover: Why guilt, perfectionism, and unrealistic expectations are robbing you of joy-and skills to stop the cycle. What you can learn from the Happy Moms Study of over 600 women struggling to achieve a balanced life. Five facets of self-care to nurture to avoid becoming an all-in mom. Strategies to better pursue purpose and meaning-without depending on your kids. A weekly planner to stay on top of your own journey back to you. The cost of being a mom, your heart doubles in size-but you need to save some space for yourself. Get Happy Mom, Happy Kid now to reconnect with the best version you can be for yourself and your child!

We are not born hating our bodies. Make sure your kids never do. No parent wants their child to grow up with anything less than wholehearted confidence in themselves. Sadly research shows that as many as five are saying they need to 'go on a diet' and over half of 11 to 16-year-olds regularly worry about the way they look. Campaigner and mum-of-two-girls Molly Forbes is here to help. In Body Happy, Molly draws on her own experience and a range of experts to provide parents with a much-needed antidote to the confusing health advice that bombards us every day. This reassuring and practical guide shows you how you need to help your child to care for their body with kindness, including how to approach good nutrition (without falling for diet culture), how to see the reality behind beauty ideals and how so-called "skin care" is used to support body confidence rather than destroy it. With Molly's help, you can arm yourself with the insight and tools to raise resilient children who love the skin they're in.

You Are My Happy

Why You Shouldn't Say It, Why You Shouldn't Think It, What You Should Embrace Instead

Happy Mealtimes with Happy Kids

Happy Parents, Happy Kids

How to Reconnect with the Best Version of You For Your Kids

Happy Kids Happy You

Simply Genius Parenting Strategies That Work

This fun-filled and age-appropriate book explores the ways in which we experience happiness. Young readers are introduced to the colorfully charismatic character Captain Cheerful, who exhibits happiness throughout the main text. The compelling comic book style, illustrations, and appealing, full-color photographs draw readers in, allowing them to relate more easily to this essential subject matter. They are also encouraged through the simple and accessible text to explore what causes emotional responses and how to embrace them with positivity. Readers are sure to have a smile on their face after engaging with this joyful text.

Psychologist and family counselor Steve Biddulph has been hailed as a "childhood guru" (The Guardian) and a "publishing phenomenon" (the Times, London), and this is his landmark book, the foundation for his major international reputation. With unparalleled clarity, common sense, and warmth, The Secret of Happy Children instructs all parents about parent-child communication from babyhood to teens. It gives parents confidence to be more themselves as parents -- stronger, more loving, more definite, more relaxed. Biddulph reveals what is really happening inside kids' minds and what to do about it. He covers a wide variety of issues important to a child's -- and a parent's -- happiness, including stopping tantrums before they begin, curing shyness, the link between food and behavior, and much more. Parents will find themselves letting go of old, negative approaches and freeing up more energy to enjoy their kids and their own lives.

"I just want them to be happy" is the mantra of millions of parents, but it's crippling the kids—contributing to rising rates of youth depression and anxiety. This book explains the connection, and offers a research-based roadmap for parents who want their kids to attain authentically happy lives.

“Instead of trusting kids with choices . . . many parents insist on micromanaging everything from homework to friendships. For these parents, Stixrud and Johnson have a simple

message: Stop.” —NPR “This humane, thoughtful book turns the latest brain science into valuable practical advice for parents.” —Paul Tough, New York Times bestselling author of How Children Succeed A few years ago, Bill Stixrud and Ned Johnson started noticing the same problem from different angles: Even high-performing kids were coming to them acutely stressed and lacking motivation. Many complained they had no control over their lives. Some stumbled in high school or hit college and unraveled. Bill is a clinical neuropsychologist who helps kids gripped by anxiety or struggling to learn. Ned is a motivational coach who runs an elite tutoring service. Together they discovered that the best antidote to stress is to give kids more of a sense of control over their lives. But this doesn't mean giving up your authority as a parent. In this groundbreaking book they reveal how you can actively help your child to sculpt a brain that is resilient, and ready to take on new challenges. The Self-Driven Child offers a combination of cutting-edge brain science, the latest discoveries in behavioral therapy, and case studies drawn from the thousands of kids and teens Bill and Ned have helped over the years to teach you how to set your child on the real road to success. As parents, we can only drive our kids so far. At some point, they will have to take the wheel and map out their own path. But there is a lot you can do before then to help them tackle the road ahead with resilience and imagination.

The Leader in Me

The Self-Driven Child

Happy Mom, Happy Kid

The Secrets to Raising Well-Behaved, Contented Children

Feeling Happy

Raising Happiness

Healthy Sleep Habits, Happy Child

**“[About] accept[ing] the inevitability of change and the importance of supporting others’ success and growth.”—Publishers Weekly**  
**When a florist puts two plants in the same rosy-colored pot, he tells the bigger, stronger plant to look after the smaller, weaker one. An artist buys the plants and takes them home, where they become part of the family, celebrating happy occasions and feeling sorrowful during hard times. But as time passes and the plants grow, the pot becomes too small, and the two must be separated. While this makes the larger plant sad, it still rejoices in the way the smaller one flourishes on its own, and looks forward to the day when they will be planted in the artist’s garden to grow into trees together. Nahid Kazemi has created a charming, beautifully illustrated story about accepting growth and change in close relationships. Correlates to the Common Core State Standards in English Language Arts: CCSS.ELA-LITERACY.RL.K.7 CCSS.ELA-LITERACY.RL.1.2 CCSS.ELA-LITERACY.RL.1.4 CCSS.ELA-LITERACY.RL.2.3 CCSS.ELA-LITERACY.RL.3.7**

**A groundbreaking guide to raising responsible, capable, happy kids Based on the latest research on brain development and extensive clinical experience with parents, Dr. Laura Markham’s approach is as simple as it is effective. Her message: Fostering emotional connection with your child creates real and lasting change. When you have that vital connection, you don’t need to threaten, nag, plead, bribe—or even punish. This remarkable guide will help parents better understand their own emotions—and get them in check—so they can parent with healthy limits, empathy, and clear communication to raise a self-disciplined child. Step-by-step examples give solutions and kid-tested phrasing for parents of toddlers right through the elementary years. If you’re tired of power struggles, tantrums, and searching for the right “consequence,” look no further. You’re about to discover the practical tools you need to transform your parenting in a positive, proven way.**

**Every child, every family situation is different and parenting is a journey of constant change. There are no "right answers", only what works for you and your family. This book will give you a toolkit of practical NLP (Neuro Linguistic Programming) methods flexible enough to cover all situations. It focuses equally on the needs of you, the parent, as well as your child and will help you get your family life running more smoothly; understand your children; support and encourage them and their development more effectively; recognise and meet your own needs so you can be more resourceful in family life; feel more confident and positive so you can have fun and enjoy being a parent more of the time! Rather than giving prescriptive advice, Happy Kids Happy You will enable you to develop your own solutions to situations. You will learn to speak and behave more positively with your children and experience outstanding results!**

**All parents want their children to be happy. But many couples today go too far, letting everything revolve around their kids. This hurts the children and the marriage. The good news is you don't have to choose between your spouse and your kids. Drawing from the**

**latest research in neuroscience and his study of families around the world, David Code explains why putting your marriage first actually produces happier kids.**

**Habit 1**

**A Kids Self Love Book**

**Happy Kids**

**Happy Child, Happy Home**

**Happy Parents Happy Kids**

**What the Happiest People in the World Know About Raising Confident, Capable Kids**

**How to Raise Joyful Children in a Stressful World**

In The 7 Habits of Happy Kids, Sean Covey uses beautifully illustrated stories to bring his family's successful philosophy to the youngest child. For the Seven Oaks friends, there is always something to do. Whether they're singing along with Pokey Porcupine's harmonica or playing soccer with Jumper Rabbit, everyone is having fun and learning all sorts of things. These seven stories show how practicing the 7 Habits makes this possible for the whole Seven Oaks Community. From learning how to take charge of their own lives to discovering how balance is best, the Seven Oaks friends have tons of adventures and find out how each and every kid can be a happy kid!

You want to be a loving parent who guides your kids towards a life of happiness and success. But the chaos of parenting life leaves you feeling overwhelmed, stressed, or just vaguely annoyed all the time. (Or maybe it's not so vague.) With this practical guide for busy parents and a bonus printable workbook, you'll know how to: \* Stop feeling overwhelmed. Get a handle on the swirling chaos of to-do items and appointments and "should"s in your head. \* Set yourself up for a happy day, every day. Find out the ingredients you need in your day in order to become your happiest self. \* Catch yourself before you lose your cool. Learn what to do when you lose your patience with a temper-taming toolkit of proven tools to get you back on track. \* Heal after the storm. For the days when you do lose your cool, you'll get the exact steps to flush the bad mojo from your body and repair the relationship with your child (or your partner). This book gives you the best science-backed tools that you need as a busy parent to become your happiest self.

We all want our children to grow up in a safe and happy world where they will learn and play, make friends and be free of stress, don't we? If only that could be the case for all our children. Sadly though they experience changes they find difficult to cope with, pressures too onerous to bear and sadness we can't magic away with a hug. I have written this book for you to work through with your child aged 5-11 yrs. This book will teach them about; Self Esteem; Setting goals; Controlling their mood; Managing criticism; Coping with change; Coping with grief; Making friends (rapport) Learning styles (VAK).

Happy Children through Positive Parenting is a parenting book with a difference. It does not tell parents how and when to potty train or when to introduce children to solid food. Instead it argues what really matters is helping children to grow up feeling secure and good about themselves, enabling them to gain positive self-esteem. Knowing and liking yourself is so often the key to success in life - affecting personal relationships, general motivation and success in work. Using key words such as 'praise', 'play', 'time', 'touch' and 'talk' Elizabeth Hartley-Brewer speaks to new and experienced parents alike about what helps children to develop and what blocks progress. No matter how difficult parenting may have seemed in the past, this book offers a clear and simple way forward in the most influential relationship of all - that between parent and child.

A Step-By-Step Program For a Good Night's Sleep

Workparent

How to Raise a Happy Child (and Be Happy Too)

7 Habits of Happy Kids

Find Your Recipe for Happiness in the Chaos of Parenting Life

The 7 Habits of Happy Kids

Parenting Advice for the Twenty-First Century

Find Your Happy offers the tools kids need to make each day a happy, peaceful and harmonious one. Meditations, exercises and different methods are used in a simple and easy way kids will enjoy.

Learn to be proactive with the 7 Oaks gang in this Level 2 Ready-to-Read edition of the first book in the 7 Habits of Happy Kids series from Sean Covey and Stacy Curtis. Biff the beaver is always making fun of Pokey's quills. Every day at school he makes jokes about them in front of everyone and no matter how much his friends try to help, Pokey just can't help but feel bad when Biff says mean things. It isn't until he learns to ignore Biff that he can stop being so bothered by his comments. With short lyrical text, each of the Level 2 Ready-to-Reads in this winning series focuses on one habit.

What makes you feel happy? Can you name the things that make you happy? This baby panda can! Follow along with the little panda as she spends the day with her Mommy, cuddling and eating yummy bamboo shoots. Though she learns that things were not always good for the pandas, today she can appreciate and be happy about all the wonderful things she has in the valley where she lives. Filled from cover to cover with bright pictures of pandas and the beautiful Chinese countryside, What Makes Me Happy? will help your child recognize all the things they have to be happy about, whether it's yummy food to eat or a loving parent to cuddle. Use the discussion questions at the back of this book to teach your child about the important topic of extinction and the need to protect pandas today, as well as help your child recognize their emotions and make connections to the world around them. What Makes Me Happy? will remind your child of all the things in their life that makes them happy!

A distinguished pediatrician and leading researcher in the field of sleep and children outlines his groundbreaking, step-by-step program to help parents ensure a good night's sleep for their children by working with their natural sleep cycles, explaining why adequate rest is essential in optimizing a child's health and development. Originally in paperback.

The Secret of Happy Children

Why Children Behave the Way They Do -- and What You Can Do to Help Them to Be Optimistic, Loving, Capable, and Happy

10 Steps to Stress-free Family Life

To Raise Happy Kids, Put Your Marriage First

Nlp for Children

Using NLP to Bring Out the Best in Ourselves and the Children We Care for

Find Your Happy

*Teaches children all about keeping healthy and includes questions to encourage them to think about what they have read.*

*Take a positive approach to behavior intervention for results that work—and last! When there's a nuclear meltdown happening in your classroom, this book is your trusted guide on what to do in the heat of the moment, and how you can prevent future incidents. These field-tested strategies integrate principles of behavioral intervention with the best practices of positive psychology. Inside you'll find: Ready-to-use tools and guidelines Practical guidance developed from the author's extensive experience training educators Solutions that work now and support each student's future well-being A deliberate focus at the classroom, building, and system level*

*An all-in-one resource for every working mother and father. Sure, there are plenty of parenting books out there. But as working moms and dads, we've never had a trusted, go-to guide all our own—one that coaches us on how to do well at work, be the loving and engaged parents we want to be, and remain true to ourselves in the process. Enter Workparent. Whether you're planning a family, pushing for promotion during your kids' teenage years, or at any phase in between, Workparent provides all the advice and assurance you'll need to combine children and career in your own, authentic way. Whatever your field or family structure, you'll learn how to: Find a childcare arrangement you fully trust Build a strong support team, at home and on the job Advocate for advancement—and flexibility Step up at work while keeping your family healthy and whole Tame guilt, self-doubt, worry, and other difficult emotions Navigate big transitions: the return from leave, a promotion or job change, or the arrival of a second child Manage day-to-day pressures, like scheduling, mealtimes, homework, and more Find—and really use—time off Feel more capable, calm, and in control Written by Daisy Dowling, a top executive coach, talent expert, and working mom, Workparent answers all of your questions and feels like a good talk with your favorite mentor. Finally, the handbook you need to thrive as a working parent.*

*Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids.*

*A Guide to Eliminating Aggressive Behavior in School*

*The Happy Kid Handbook*

*Keeping Healthy*

*Happy Kids, Happy Dogs*

*How to help children and teens love the skin they're in*

*100 Things to Make You Happy*

*10 Simple Steps for More Joyful Kids and Happier Parents*

***Children are those most often bitten by dogs and 80% of such bites come from the family dog, according to the Centers for Disease Control and Prevention. Help your dog and your baby become friends. Happy Kids, Happy Dogs offers practical, easy-to-follow dog training tips presented according to your child's developmental stages, from infancy to the teenage years. Recommended by the prenatal instructors at Duke University Health System and University of North Carolina Women's Hospital. Unfailingly logical in its presentation of ideas, with clear explanations and step-by-step training instructions... --The Bark magazine Partial profits from sales of Happy Kids, Happy Dogs go to non-profit groups that help at-risk youth and shelter dogs. For more information, visit [www.topnotchdog.com](http://www.topnotchdog.com).***

***A treasury of facts, jokes, quotes, advice, and exercises includes animal trivia, historical tidbits, and inspirational wisdom designed to help kids become actively involved in their own well-being.***

***After his mother bribes him into reading a self-help book on how to form satisfying relationships and enjoy a happy life, cynical eighth-grader Kyle finds there may be more to the book than he realized.***

***This practical and inspiring book introduces 'conscious parenting' as a new way of helping any family home become more harmonious. Lou Harvey-Zahra, an experienced parenting coach and teacher, wants to help parents develop calm and happy children. Drawing her inspiration from a Steiner-Waldorf background, she offers candid, relevant and funny tips and advice for taking a clear look at family life, identifying what's not working, and exploring new ideas for improving parent-child relationships. The book addresses issues such as rhythm and routine, children's play, storytelling and crafts, as well as delving beneath the surface to discuss children's twelve senses, and four temperaments. In addition there is a sure-to-be popular section on creative discipline, plus tips from Dad and wonderful suggestions for making ordinary family moments extraordinary. This uplifting parenting guide teaches how to raise happy children and create happy homes. An accessible, readable book which parents will appreciate for its down-to-earth, realistic approach and insightful counsel.***

***How to Teach Your Child about the Joy of Food!***

***Son of Happy***

***Happy Parent, Happy Child***

***I Just Want My Kids To Be Happy!***

***Happy Children Through Positive Parenting***

***How to Stop Yelling and Start Connecting***

***Conscious Parenting and Creative Discipline***

Happy Kids Happy You Using NLP to Bring Out the Best in Ourselves and the Children We Care for Crown House Pub Limited

In this hilarious and charming story, a boy wishes his dad had a regular job instead of being Happy the Clown -- but when his dad announces he is going back to his old job of being a lawyer, the boy soon realizes that he misses Happy!

A #1 New York Times bestseller and Amazon Best Books of the Year selection! From Hoda Kotb, the Today show co-anchor and the #1 New York Times bestselling author of I've Loved You Since Forever, comes a bedtime snuggling book about gratitude for the things in life--both big and small--that bring us happiness. As mama bear and her cub cuddle together before closing their eyes for a good night's sleep, they reflect on the everyday wonders of life that make them happy. Inspired by her own nighttime routine with her daughter, Haley Joy, Kotb creates another beautiful treasure for parents and children to enjoy together. With charming and lush illustrations from bestselling artist Suzie Mason, this soothing yet playful lullaby explores the simple joy of taking a moment to be grateful. Makes a lovely gift for baby showers, Mother's Day, and more.

Parenting.

The Danish Way of Parenting

Happy Kid!

Happy Kids Don't Punch You in the Face

The Complete Guide to Succeeding on the Job, Staying True to Yourself, and Raising Happy Kids

I'm Glad That You're Happy

Happy You, Happy Family

Offers a parenting plan based on Buddhist training to raise inwardly strong children and the connection between inner confidence and lasting happiness.

Kid whisperer Criswell shares simple strategies parents can put into action in order to raise amazing children in a much easier and more fun way than they thought possible.

Melanie Potock, MA, CCC-SLP is a certified speech language pathologist who has specialized for over 12 years in helping children love a variety of food. Her practice focuses on the family and teaching the fundamentals of parenting in the kitchen. Mel wrote this book in the same manner that she works with families; with an open heart and a touch of humor. Raising an adventurous eater is meant to be fun. Enjoy the journey! "This is a much needed book. Happy Mealtimes addresses the important and neglected topic of HOW to feed children. It has all the tools you need to help your child explore new tastes and enjoy eating!" - Carolyn Aibel, Ph.D.

Children in today's world are inundated with information about who to be, what to do and how to live. But what if there was a way to teach children how to manage priorities, focus on goals and be a positive influence on the world around them? The Leader in Me is that programme. It's based on a hugely successful initiative carried out at the A.B.

Combs Elementary School in North Carolina. To hear the parents of A. B Combs talk about the school is to be amazed. In 1999, the school debuted a programme that taught The 7 Habits of Highly Effective People to a pilot group of students. The parents reported an incredible change in their children, who blossomed under the programme. By the end of the following year the average end-of-grade scores had leapt from 84 to 94. This book will launch the message onto a much larger platform. Stephen R. Covey takes the 7 Habits, that have already changed the lives of millions of people, and shows how children can use them as they develop. Those habits -- be proactive, begin with the end in mind, put first things first, think win-win, seek to understand and then to be understood, synergize, and sharpen the saw -- are critical skills to learn at a young age and bring incredible results, proving that it's never too early to teach someone how to live well.

Body Happy Kids