



Childhood Roots Of Adult Happiness, (Paperback)

By Edward M. Hallowell

Random House USA Inc, United States, 2003. Paperback. Condition: New. Reprint. Language: English . Brand New Book. Here, at last, is a book brimming with the good news of raising children--the basic reassuring news about happiness and unconditional love, about enduring family connections and kids who grow up right. Edward M. Hallowell, M.D., father of three and a clinical psychiatrist, has thought long and hard about what makes children feel good about themselves and the world they live in. Now, in *The Childhood Roots of Adult Happiness*, Dr. Hallowell shares his findings with all of us who care about children. As Dr. Hallowell argues, we don't need statistical studies or complicated expert opinions to raise children. What we do need is love, wonder, and the confidence to trust our instincts. This inspiring book outlines a 5-step plan that all parents can use in giving their children the gift of happiness that will last a lifetime. Connection, play, practice, mastery, and recognition: as fundamental as these five concepts are, they hold the key to raising children with healthy self-esteem, moral awareness, and spiritual values. Dr. Hallowell explores each step in depth and shows how they work together to foster trust,...



[READ ONLINE](#)
[9.28 MB]

Reviews

A must buy book if you need to adding benefit. It really is writter in straightforward words and not difficult to understand. I am just pleased to let you know that here is the best ebook i have got read through in my individual daily life and may be he best book for ever.

-- Prof. Charles Boehm

Most of these ebook is the perfect publication accessible. It is writter in easy terms and not difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- Anastasia Kihn