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HOW TO BE HAPPY: GET THE HAPPY HABIT! (PAPERBACK)



Bloomsbury Publishing PLC, United Kingdom, 2006. Paperback. Condition: New. Language: English. Brand New Book. This self-help book offers practical, down-to-earth advice from Jen Alexander and is a must for children and their parents. In recent surveys, 50 of 10-year-olds and 90 of 14 year-olds said they often felt bogged down by sadness and anxiety. How to Be Happy helps children to analyse their feelings and develop a positive outlook, and it is bursting with activities, quizzes, jokes and anecdotes.

Read PDF How to be Happy: Get the Happy Habit! (Paperback)

- Authored by Jenny Alexander
- Released at 2006



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Reviews

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