

SECRETS OF A HAPPY FAMILY



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TOP SECRETS OF A HAPPY FAMILY Holly Easterby loves to write and her favorite subject has always been about raising a happy family. She also wants to help parents raise happy and healthy children by writing for *Bonza Brats*. This article is about the tricks that work for happy and successful families.

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"The best secret of a happy family life is a bad memory," the Americans Donna and Day, who have lived together for 42 years, are sure.

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These 10 secrets of a happy mom are ones that I have realized over the years with four young kids, I have come to understand that it boils down to me and how I perceive things.

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Learning optimism is important because an upbeat child is more likely to become a happy adult. Discontented people fixate on unpleasant events in their life, while joyful people focus on things that brighten their outlook, says David Niven, Ph.D., author of *The 100 Simple Secrets of Happy Families* (Harper San Francisco). 5. Create a caring team.

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8 Secrets of Happy Families Parenting

"Traditions give children a sense of identity and belonging," says Richard Eyre, coauthor of *The Happy Family: Restoring the 11 Essential Elements That Make Families Work*. "They may seem insignificant to adults, but kids hang on to them." The Eyres have celebrated family birthdays in special ways since their children were small.

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