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The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy

By Edward M. Hallowell M. D.

Ballantine Books. Paperback. Book Condition: New. Paperback. 256 pages. Dimensions: 8.1in. x 5.4in. x 0.6in. 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, respect, and...



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