



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

*Edward M. Hallowell Md*

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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 joy.

Privilege, wealth, and expensive “extras” are *not* necessary for happiness—there are many stories here of children who have overcome poverty, abandonment, and shocking deprivation to find true fulfillment. Dr. Hallowell encourages us as parents to reconnect with the moments in our own childhoods that made a difference; he explores the impact of genetics and environmental factors on the inner workings of a child's mind; and he discusses how activities like team sports, community service, religious observance, and household chores can foster a child's sense of mastery.

Like the works of T. Berry Brazelton and Benjamin Spock, *The Childhood Roots of Adult Happiness* is infused with the wisdom and humanity of a doctor who truly loves and understands children. Writing with the warmth of a friend and the authority of an expert, Dr. Hallowell gives us a book at once practical and exuberant, joyous and informative, eye-opening and reassuring. Ultimately, this book is a celebration of childhood and of the magic that happens between parents and the children they love.

*From the Hardcover edition.*

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What is your hobby? Have you heard which question when you got scholars? We believe that that query was given by teacher on their students. Many kinds of hobby, All people has different hobby. So you know that little person just like reading or as examining become their hobby. You have to know that reading is very important as well as book as to be the matter. Book is important thing to include you knowledge, except your own personal teacher or lecturer. You see good news or update in relation to something by book. Amount types of books that can you go onto be your object. One of them is niagra *The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy*.

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you enjoy you just read it and mingle the idea about book and studying especially. It is to be 1st opinion for you to like to available a book and study it. Beside that the guide The Childhood Roots of Adult Happiness: Five Steps to Help Kids Create and Sustain Lifelong Joy can to be your brand new friend when you're feel alone and confuse using what must you're doing of the time.

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