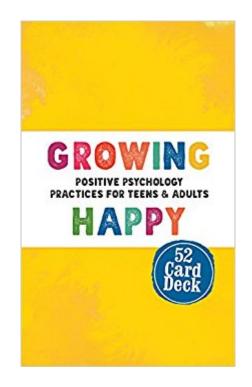


### The book was found

# Growing Happy Card Deck: Positive Psychology Practices For Teens & Adults





## Synopsis

Teaching and incorporating positive psychology into your home, classroom and therapy session is easy with the Growing Happy card deck. Grounded in the modern scientific findings of positive psychology, the card deck features 50 unique positive practices that will leave you feeling happier, present and resilient. Perfect for teens and adults.

## **Book Information**

Cards: 58 pages Publisher: PESI Publishing & Media; Box Crds edition (February 15, 2016) Language: English ISBN-10: 1559570563 ISBN-13: 978-1559570565 Product Dimensions: 3.1 x 0.8 x 5.1 inches Shipping Weight: 4.8 ounces (View shipping rates and policies) Average Customer Review: 4.1 out of 5 stars 5 customer reviews Best Sellers Rank: #103,673 in Books (See Top 100 in Books) #3 inà Â Books > Humor & Entertainment > Puzzles & Games > Card Games > Trading Card Games #198 inà Â Books > Science Fiction & Fantasy > Gaming #985 inà Â Books > Health, Fitness & Dieting > Mental Health > Happiness

#### **Customer Reviews**

Teaching and incorporating positive psychology into your home, classroom and therapy session is easy with the Growing Happy card deck. Grounded in the modern scientific findings of positive psychology, the card deck features 50 unique positive practice that will leave you feeling happier, present and resilient. Perfect for teens and adults.

Mitch R. Abblett, PhD, is a clinical psychologist and clinical director of the Manville School, a therapeutic day school program in Boston, MA, serving children and adolescents with emotional, behavioral and learning difficulties. He maintains a private practice, and has written regarding mindfulness, clinical work, and youth mental health needs. He conducts national and international trainings on mindfulness and its applications. Christopher Willard, PsyD, is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adults. He holds an appointment at Cambridge Hospital, a Harvard Medical School teaching site, and leads workshops nationally and internationally. Dr. Willard has been practicing

meditation for over 15 years. His thoughts on mental health have been featured in The New York Times, cnn.com, and elsewhere. He is the author of Child s Mind (2010), The Mindfulness for Teen Anxiety Workbook, (2014), and Co-Editor of Mindfulness with Youth, From the Classroom to the Clinic (2015)

love love love this. I can use this at home or with clients and it promotes great discussion and activities.

Perfect for counseling.

I would have liked some nice happy pictures on the back side and no blank cards.

Awesome tool to use with adolescents! I have used growing mindful cards created by the same people and have had great success using them. Cards are a sturdy material and have user friendly layout. Would recommend!

It was not what I was expecting.

#### Download to continue reading...

Positive Thinking: 50 Positive Habits to Transform you Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques Book 1) Growing Happy Card Deck: Positive Psychology Practices for Teens & Adults Growing Marijuana: Box Set - Growing Marijuana For Beginners & Advanced Marijuana Growing Techniques (Growing Marijuana, Marijuana Growing, Growing Marijuana Indoors) Growing Marijuana: Marijuana Growing Tips and Tricks to Get Big Yields For Beginners! (Growing Marijuana For Beginners, Growing Marijuana Indoors & Outdoors, Growing Marijuana Tips and Tricks) Growing Mushrooms for Profit: The Definitive Step-By-Step Guide to Growing Mushrooms at Home for Profit (Growing Mushrooms for Profit, Growing Mushrooms ... Mushrooms, Growing Oyster Mushrooms) Yoga and Mindfulness Practices for Teens Card Deck I Am Positive: 31 Daily Positive Affirmations For a Positive Soul Positive Parenting - Stop Yelling And Love Me More, Please Mom. Positive Parenting Is Easier Than You Think. (Happy Mom Book 1) Giant Rider-Waite Tarot Deck: Complete 78-Card Deck Weed: The Ultimate Quick Guide To Growing Great Marijuana (How To Grow Your Own Weed, Growing Marijuana for Beginners, Big Buds, High Yields, Growing Marijuana Indoors, Weed Growing Book 1) Growing Marijuana: Big Buds, Growing Marijuana In Soil For Beginners (Growing Marijuana, Marijuana Cultivation, Marijuana Growing, Medical Marijuana, Marijuana Horticulture) Yoga and Mindfulness Practices for Children Card Deck The Oxford Handbook of Positive Psychology (Oxford Library of Psychology) Be Mindful Card Deck for Teens Yoga For Teens Card Deck Happy, Happy, Happy: My Life and Legacy as the Duck Commander Ask And It Is Given Cards: A 60-Card Deck plus Dear Friends card The Big Volleyball Coloring Book: An Amazing Volleyball Coloring Book For Teens and Adults (Color Me Happy) Happy Easter Coloring books for children: Rabbit and Egg Designs for Adults ,Teens, Kids, toddlers Children of All Ages Magic The Gathering: Rules and Getting Started, Strategy Guide, Deck Building For Beginners (MTG, Deck Building, Strategy)

Contact Us

DMCA

Privacy

FAQ & Help