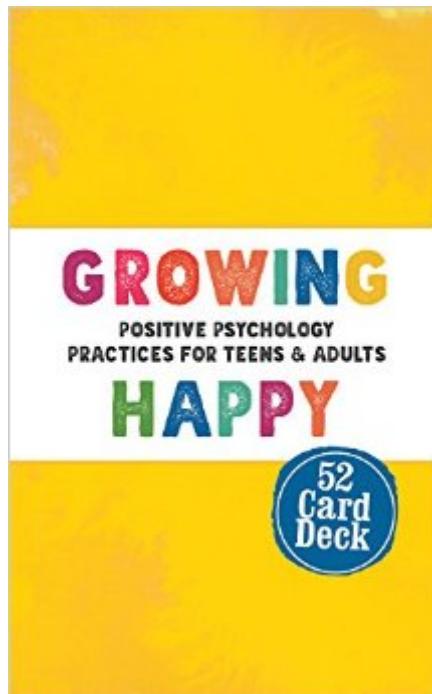


The book was found

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

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Average Customer Review: 4.5 out of 5 starsÂ See all reviewsÂ (2 customer reviews)

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Customer Reviews

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!

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

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