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The Myths of Happiness Enhancing Holistic Well-Being of Children and Youth Index Medicus De
mythes van geluk Sonja Lyubomirsky Oon Seng Tan Sonja Lyubomirsky

The Myths of Happiness Enhancing Holistic Well-Being of Children and Youth Index Medicus De
mythes van geluk *Sonja Lyubomirsky Oon Seng Tan Sonja Lyubomirsky*

the bestselling author of the how of happiness reveals how to find opportunity in life's thorniest moments focusing on life's biggest messiest moments sonja lyubomirsky provides readers with the clear-eyed vision they need to build the healthiest most satisfying life lyubomirsky argues that we have been given false promises myths that assure us that lifelong happiness will be attained once we hit the culturally confirmed markers of adult success this black and white vision of happiness works to discourage us from recognizing the upside of any negative and limits our potential for personal growth a corrective course on happiness and a call to regard life's twists and turns with a more open mind the myths of happiness shares practical lessons that prove we are more adaptable than we think we are it empowers readers to look beyond their first response sharing scientific evidence that often it is our mindset not our circumstances that matters most

this book documents and chronicles current research and initiatives and growing knowledge base about well-being in a Singapore context in Singapore the well-being of children and youth has been the subject of research and policy efforts this is reflective of global and national concerns on the care of the young and those at risk of maladaptive outcomes the nurturing of emotional health and resilience and development of social and psychological resources the chapters present a brief yet comprehensive summary of current insights on the well-being of children adolescents teachers parents and caregivers within the context of Singapore this book highlights important issues and gaps in research related to the well-being of children and adolescents that are also relevant to the global community it also provides recommendations for future directions that will be useful to researchers policymakers practitioners parents and other key stakeholders

vols for 1963 include as pt 2 of the Jan issue medical subject headings

in dit tot nadenken aanzettende boek onderzoekt lyubomirsky ons geluksgevoel en hoe dat is ingebed in onze relaties op het werk en in onze geest met respect voor ieders persoonlijke situatie laat lyubomirsky zien dat het positief benaderen van de uitdagingen in ons leven zelfs de meest donkere scenario's kan verlichten uitdagend en verfrissend publishers weekly

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