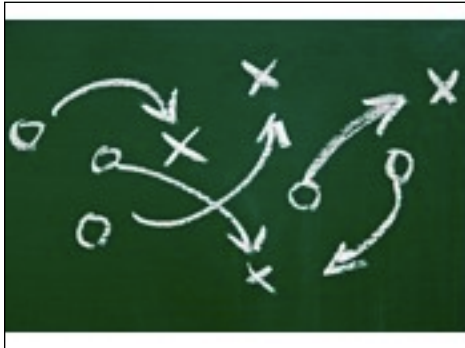




1



2



3



4



5



6



7



8

40%

9

17%

10

why?

11



12

social intelligence
gratitude
optimism
curiosity
grit
self-control
zest

13



14



15

success → happy, fulfilling life?

16

happiness → success!

17

happiness is
hugely
functional

18



19



20

**happiness
is a
SKILL**

21



22



23



24

why does
gratitude
work?

25



26



27



28



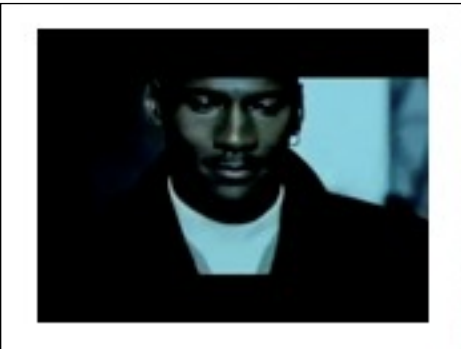
29

2.
expose kids to
suffering

30



31



32



don't
rescue,
don't get
mad:
celebrate
mistakes

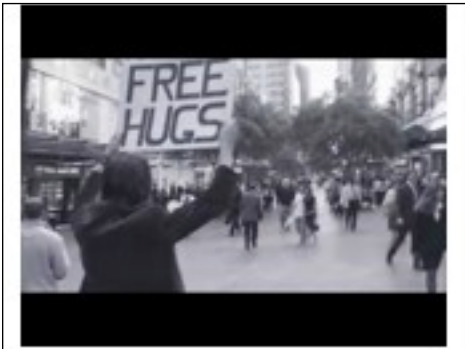
33



34

how?

35

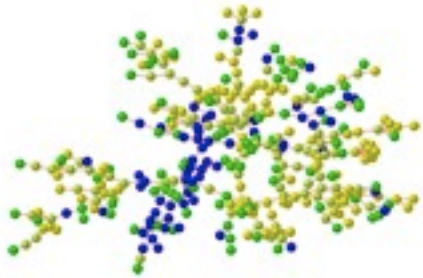


36



3. take care of your own happiness first

37



38



39



40



Stay in Touch!

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happiness tips weekly email
raisinghappiness.com

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