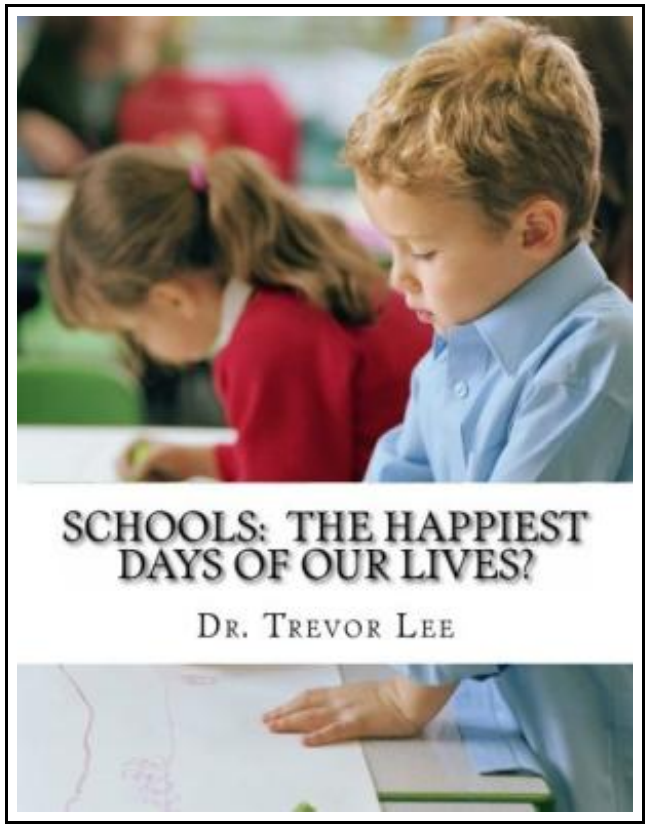
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Reviews

This book is so gripping and fascinating. Of course, it is actually perform, still an interesting and amazing literature. You will not feel monotony at anytime of your respective time (that's what catalogs are for about in the event you request me).

(Prof. Ophelia Wiegand I)

SCHOOLS: THE HAPPIEST DAYS OF OUR LIVES? (PAPERBACK)

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Createspace, United States, 2012. Paperback. Book Condition: New. 278 x 212 mm. Language: English . Brand New Book ***** Print on Demand *****.This book discusses the most important aspect of the work in schools - what we need to do to experience well-being and how we can share this with school children. One case study school is examined in depth and practical suggestions offered for teachers who wish to embrace well-being lessons into their curriculum.What we want, above all else, is for our children to flourish, to be their best selves. Recently, Governments have begun to show that they have got the message that a sense of subjective well-being counts, by realising that a growth in gross Domestic Product does not warrant a growth in personal well-being, and that new measures have to be envisaged. The promotion of a sustainable sense of well-being is well within our grasp, where we encourage our children to feel good, to function effectively as well as deal with negative emotions [that inevitably arise in life] by dealing with them effectively. This is the fruit of a resilient approach to life. It is time to concentrate our energies on promoting the key elements of well-being in schools and homes - positive engagement; meaning; optimism; positive relationships; competence; vitality; resilience; emotional stability. In schools, we need to recognise that positive mental states broaden and build cognitive processes, that pupils in a positive mood have a broader focus of attention, are more creative, more resilient, are generous with time and resources and are more tolerant of others. Surely this is the glue that will create a more cohesive and creative Britain as we seek a way forward from austerity to well-being? The best news of all is that our quality of life is not inextricably bound to...

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