

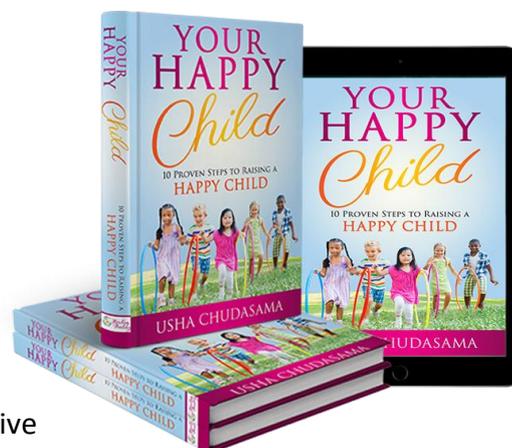
## Advanced Information Sheet

**Title:** Your Happy Child

**Subtitle:** 10 Proven Steps to Raising a Happy Child

**Author:** Usha Chudasama

**Summary:** Children are unique and they come with their own set of challenges but the basic values of love, relationship and safety are universal. This book guides and empowers parents and their children aged 5-11 years to shift negative perceptions and build a strong positive mind-set. This lays the foundation to build resilience for life's future challenges. Uniquely blending the up-to-date theory of positive psychology, neuroscience, and holistic practices, this jargon-free book takes you step-by-step through scripted, practical activities and powerful techniques, to create the ideal setting for raising a happy child.



**Keywords:** Parenting, Happy, Happiness, Child, Children, family, family dynamics, education, mental health, Positive psychology, neuroscience, holistic, jargon-free, family dynamics,

**BIC VS:** Parenting, Mental Health, Education

**Promotions:** To be Published 2017. Usha has gained media attention via Sky TV, local newspaper articles, online interviews and appearing in public events via skype in Seattle, Texas, Arizona, Chicago and Vancouver.



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### What Makes Your Happy Child different?

There are so many parenting books out there about what to 'DO' to manage children's behaviour but this book inspires the parent and child to 'BE' which ultimately builds self esteem and is a preventative measure against developing mental health issues later in life. In this book, Usha Chudasama fulfils a promise she made to herself after experiencing the challenges she faced as that child with low self-esteem and being an uninformed parent.

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Illustrations:	Photographs and Illustrations
Language:	English
Author Website:	<a href="http://www.healing-feeling.com">www.healing-feeling.com</a>
Contact:	<a href="mailto:uchudasama@hotmail.com">uchudasama@hotmail.com</a>
Amazon Link:	
Selling Points:	<ul style="list-style-type: none"> <li>• All children want is for their parents' undivided time and individual attention. This book provides parents with new exercises they may have never done themselves as children and they are activities they can do together.</li> <li>• The activities are easy to follow and memorable and empowering.</li> <li>• The activities can change mind-sets so it is a preventative mental health strategy</li> <li>• When the child is 30-40 years old, they will remember these positive</li> <li>• This book empowers and evolves parents mindset about positive parenting.</li> <li>• The activities are easy to follow and provide quality time for parents to spend with their children.</li> <li>• It is jargon-free and talks to the parent at their level making potentially difficult concepts easy to understand.</li> <li>• It's accessible to parents no matter their financial, academic or cultural background.</li> <li>• It uses real-life examples to illustrate the theory.</li> <li>• Real parents share their testimonials for the book and program</li> <li>• The book is adaptable for one and/or more children in one family.</li> <li>• The steps are proven to be effective in a school situation with parents and children aswell.</li> </ul>

