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## Happy Adults

By Cathy Glass

HarperCollins Publishers. Paperback. Book Condition: new. BRAND NEW, Happy Adults, Cathy Glass, Number 1 bestselling author, Cathy Glass, shares her experience and expertise gained across 25 years as a foster carer in this brilliantly practical self-help guide for adults, the long-awaited sequel to her much-loved parenting guide that fans of Happy Kids have been clamouring for. Cathy Glass reveals the secrets of happiness and contentment in adulthood by combining common-sense psychology with tried-and-tested strategies and case studies, always from her own unique and insightful perspective. With practical guidance on how to develop your own optimistic personal philosophy, tips on when to listen to intuition, and attitude and lifestyle suggestions, Happy Adults is the essential manual for getting the best out of life. The recipient of thousands of letters and emails from readers touched by her inspirational memoirs whose own life stories resonate with those of the children in her care, Cathy has identified the key traits in happy readers that have buoyed them up during harrowing childhoods, through to functional and successful adulthood. Compiling these valuable lessons on outlook and behaviour, for instance, how to dispel negativity and unproductive anger and embrace empowerment, and the importance of trust in oneself,...



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