



Growing Happy Kids: How to Foster Inner Confidence, Success, and Happiness

Maureen Healy

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Every parent wants his or her child to be happy and grow into a productive, fulfilled adult . . . and according to parenting expert Maureen Healy, the secret to that success is in providing a foundation of inner confidence. Parents and teachers know that confidence and inner strength are important attributes, but in an era where self-worth is often measured by possessions and attractiveness, most have no idea how to model true inner confidence for their kids or how to help them cultivate it. Real power—or inner confidence—is necessary to overcome obstacles, pursue our unique dreams, and be truly happy.

Maureen Healy, a spiritual teacher with twenty years of experience as a child development expert, literally traveled the world from the Bronx to the base of the Himalayas to learn the connection between inner confidence and lasting happiness, and she shares that wealth of knowledge in *Growing Happy Kids*. Combining her Buddhist training, her background in child psychology, and the latest scientific research, Maureen shares her revolutionary model that defines inner confidence and cultivates a child's sense of optimism and connection. She explores each part of her system, which she called The Five Building Blocks of Confidence, with the mind of a scientist, yet the softness of a real parent who wants to raise strong, happy children. By using those building blocks—biology, beliefs, emotions, social, and spiritual—parents, teachers, and anyone who touches the life of a child can gain the skills necessary to foster happy kids who are strong, self-reliant, and confident.

"In *Growing Happy Kids*, Maureen Healy has given us rich and valuable tools to assist us in honoring and supporting our children in building their self-confidence and helping them become happier. It is a MUST read for all parents, educators, and people who care."

—Edwene Gaines, author of *The Four Spiritual Laws of Prosperity*

"Drawing on her own extensive research and experience, Maureen Healy wisely leads parents and caregivers into the heart of awakening and activating the innate confidence with which every child is born. This is a book that parents will read over and over again."

—Michael Bernard Beckwith, author of *Spiritual Liberation: Fulfilling Your Soul's Potential*



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