

# [PDF] Raising Happiness: 10 Simple Steps For More Joyful Kids And Happier Parents

Emily Durante, Christine Carter Ph.D. - pdf download free book

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**Books Details:**

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**Description:**

**Review** "This collection of research, personal stories, and advice couldn't be more smoothly organized and accessible. With Emily Durante's sunny performance making it sound even more appealing, it's an audio message that will help parents open up to new possibilities for helping their

kids--and themselves." ---AudioFile

**About the Author** Christine Carter, Ph.D., is the executive director of the Greater Good Science Center at the University of California-Berkeley, an interdisciplinary research center that "translates" the study of happiness, compassion, and altruism for the public. She has been profiled in the San Francisco Chronicle Magazine and quoted in dozens of national publications, including the New York Times, the Boston Globe, and Parenting. The mother of two young girls, Christine lives near San Francisco. Emily Durante has been acting since the age of seven, performing in a number of stage plays professionally, in the community, and at the college level. Other performance credits include commercial and industrial voice work, educational live theater, and singing telegrams. She has been narrating audiobooks for over ten years. Her titles include the Midnight Twins trilogy by Jacquelyn Mitchard, Casting Off by Nicole R. Dickson, Impossible and Locked Inside both by Nancy Werlin, and Smooth Talking Stranger by Lisa Kleypus. She has also directed audiobooks, including the Earphones Award-winning performance of Heaven's Keep narrated by Buck Schirner. Emily resides in the Philadelphia area with her husband and two children.

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