The Peanuts Guide To Happiness Peanuts Guide To Life

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The Peanuts Papers: Writers and Cartoonists on Charlie Brown, Snoopy & the Gang, and the Meaning of Life
From the backyard to outer space, Charles M. Schulz's Peanuts has been charming the world for more than 70 years. In this celebration of Schulz and his beloved work, explore rarely seen sketches, influential comic strips, and collectors' artifacts. Pore over evolving artworks of Snoopy, Charlie Brown, and the gang. Chart the rich history of Peanuts as it grew to become the world's favorite comic, and travel from 1950 to the present day, from California to Japan. Every page of this visual guide is an exhibition to treasure. Discover the enduring and nostalgic charm of Peanuts in this stunning anniversary book. With a foreword by Stephen Colbert. © 2020 Peanuts Worldwide LLC

Happy Gut The first-ever single-volume treasury containing all eight Happiness Is... books by Charles M. Schulz, featuring his original black and white drawings, and the classic Peanuts quips that we've all come to love! Oh joy—here comes the first single-volume treasury containing every one of the eight Happiness Is... books! These are Charles M. Schulz's most beloved titles, and this attractive 480-page collection is a tremendous value. With facsimile art that looks just like the original,
Peanuts® A Treasury of Happiness is as warm, wise, and wonderful as ever. The Peanuts’ gang has lost none of its popularity through the decades; fans snapped up our collectible doghouse-shaped Box Set, and the first printing completely sold out. This once-in-a-lifetime book is sure to fly out of bookstores too!

A Monk’s Guide to Happiness Reclaim your time, money, health, and happiness from our toxic diet culture with groundbreaking strategies from a registered dietitian, journalist, and host of the “Food Psych” podcast. 68 percent of Americans have dieted at some point in their lives. But upwards of 90% of people who intentionally lose weight gain it back within five years. And as many as 66% of people who embark on weight-loss efforts end up gaining more weight than they lost. If dieting is so clearly ineffective, why are we so obsessed with it? The culprit is diet culture, a system of beliefs that equates thinness to health and moral virtue, promotes weight loss as a means of attaining higher status, and demonizes certain ways of eating while elevating others. It's sexist, racist, and classist, yet this way of thinking about food and bodies is so embedded in the fabric of our society that it can be hard to recognize. It masquerades as health, wellness, and fitness, and for some, it is all-consuming. In Anti-Diet, Christy Harrison takes on diet culture and the multi-billion-dollar industries that profit from it, exposing all the ways it robs people of their time, money, health, and happiness. It will turn what you think you know about health and wellness upside down, as Harrison explores the history of diet culture, how it's infiltrated the health and wellness world, how to recognize it in all its sneaky forms, and how letting go of efforts to lose weight or eat "perfectly" actually helps to improve people's health -- no matter their size.

Drawing on scientific research, personal experience, and stories from patients and colleagues, Anti-Diet provides a radical alternative to diet culture, and helps readers reclaim their bodies, minds, and lives so they can focus on the things that truly matter.

Be More Snoopy A collectible guide for new and veteran Peanuts fans shares the stories behind Charlie Brown’s famous zigzag shirt, Lucy’s psychiatric advice booth and Snoopy’s siblings, in a reference that is complemented with quotes by Charles M. Schulz. Original. Simultaneous eBook.

The Predicaments of Peppermint Patty The Peanuts gang offer their wisdom on happiness in this beautifully produced gift book for all generations. For the beguiling Peanuts gang, happiness is many things - a warm blanket, a snowy day, a full supper dish, but most of all happiness is being one of the gang. The millions of faithful Charles Schulz fans and those who fondly remember our best-loved beagle and
his friends will cherish this latest title in our Peanuts Guide to Life series.

The Hitchhiker's Guide to the Galaxy: The Illustrated Edition Jared Richards is great at baseball video games, but when he loses a bet to his best friend Jared is forced to tryout for his school's baseball team—and finds out that playing the game for real is very different from virtual reality.

Unstuff Your Life! The Peanuts gang celebrate the highs and lows of friendship in this beautifully produced gift book for all generations. Friendship can come in many guises and in this latest title in the Peanuts Guide to Life series we learn from Linus that man's best friend is perhaps his blanket, Snoopy shows us that happiness is a thoughtful friend who brings supper and Lucy teaches us that a little friendly criticism can go a long way. But most of all, we learn that friendship is being one of the gang.

The Ultimate Meal-Prep Cookbook Happiness is Classic Peanuts! These collector's editions perfectly recreate the original look and feel of the best-loved Peanuts books—their paper, their ink, even their lamination. And of course, the heartwarming content that charmed the world, sold millions, and launched the career of Charles M. Schulz remains untouched. On every spread there's a tiny tidbit of wisdom from one of the gang, along with one of Schulz's irresistible drawings. It's a trip down memory lane that every Peanuts fan will cherish.

Meet the Peanuts Gang! A collection of Peanuts weekday and Sunday comic strips from the 1950s through the final cartoon on February 13, 2000 that announced Schulz's retirement.

The Peanuts Guide to Christmas Charlie Brown and his friends define love. Various quips, quotes, and humorous sayings pair perfectly with these original illustrations. A Charles Schulz original work, reprinted for timeless treasury. Join Charlie Brown and the gang as they each define love in their unique Peanuts way. Original Charles M. Schulz illustrations paired with Peanuts quips about the meaning of love will warm your heart. These collector's editions perfectly recreate the original look and feel of the best-loved Peanuts books—their paper, their ink, even their lamination. And of course, the heartwarming content that charmed the world, sold millions, and launched the career of Charles M. Schulz remains untouched. On every spread there's a tiny tidbit of wisdom from one of the gang, along with one of Schulz's irresistible drawings. It's a trip down memory lane that every Peanuts fan will cherish.
Read Book The Peanuts Guide To Happiness
Peanuts Guide To Life

Life According to Linus The world's most beloved beagle shares his philosophy on life in this beautifully produced gift book for all generations. In his inimitable style, Snoopy spends his days extolling the virtues of dancing, hanging out with his best bird friend Woodstock, pursuing a full supper dish, and giving his owner -- our favorite lovable loser, Charlie Brown -- the run-around. For the millions of faithful Charles Schulz fans, and those who fondly remember the joyful dog with the wild imagination, this is the second in a new series to cherish that will see the beguiling Peanuts gang share their sentiments on everything from food to friendship.

The Philosophy of Snoopy This beautifully illustrated edition of the New York Times bestselling classic celebrates the 42nd anniversary of the original publication—with all-new art by award-winning illustrator Chris Riddell. SOON TO BE A HULU SERIES • “An astonishing comic writer.”—Neil Gaiman Nominated as one of America’s best-loved novels by PBS’s The Great American Read It’s an ordinary Thursday morning for Arthur Dent . . . until his house gets demolished. The Earth follows shortly after to make way for a new hyperspace express route, and Arthur’s best friend has just announced that he’s an alien. After that, things get much, much worse. With just a towel, a small yellow fish, and a book, Arthur has to navigate through a very hostile universe in the company of a gang of unreliable aliens. Luckily the fish is quite good at languages. And the book is The Hitchhiker’s Guide to the Galaxy . . . which helpfully has the words DON’T PANIC inscribed in large, friendly letters on its cover. Douglas Adams’s mega-selling pop-culture classic sends logic into orbit, plays havoc with both time and physics, offers up pithy commentary on such things as ballpoint pens, potted plants, and digital watches . . . and, most important, reveals the ultimate answer to life, the universe, and everything. Now, if you could only figure out the question. . . .

Keep Calm and Do the Snoopy Dance A professional organizer and life coach shows readers how to kick the clutter habit with his complete how-to guide to total organization Arguably the most organized man in America, sought-after coach Andrew J. Mellen has created unique, lasting techniques for streamlined living, bringing order out of chaos for the chronically overwhelmed everywhere. Acknowledging that it’s often the "stuff behind the stuff" that holds people back, Mellen offers a surprisingly simple, yet effective solution in his step-by-step guide, guaranteed to help achieve organizational bliss for everyone from perpetual key-misplacers to hard-core hoarders. From basement to bedroom, kitchen to car, and into every corner of life, Mellen’s system yields lasting results. Discover how to: Never lose your keys or wallet again Stop mail, magazine, and paper pileups for good Feel empowered
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to tackle bills and budgets Reclaim space and time once dominated by clutter Built on the principle that we must distinguish ourselves from our possessions, Unstuff Your Life! starts with truly achievable goals and works toward the nightmare projects everyone tries hard to avoid. With humor, honesty, tough love, and foolproof advice, Mellen makes it easy to finally let go and embrace the decluttered life.

50 Years of Happiness Written by Charles M. Schulz, this work presents his wry observations and advice, filtered through his lovable cast of characters. It contains sections under headings, such as: confidence, prudence, self-care and effort.

Happiness Is a Warm Puppy The term bullying is used a lot these days. What does bullying actually mean? How do you know if it’s happening to you? And if you are being bullied, what can you do about it? That's exactly what "The No More Bullying Book for Kids" is all about. Being bullied hurts and it's easy to feel as though you don't have any power, which can be scary and lonely. But you're not powerless, and you're definitely not alone. Here you'll find the information you need to know about bullying as well as tips and tricks for dealing with specific situations whe you or someone you know is being bullied. -- page [4] of cover.

Peanuts Guide to Life Fresh from his adventures in Wild Ride, Marcus is back and helping his cousin, Bounce, learn to skate. Between learning how to ollie and do a 50-50 grind, Bounce and his friends also have to avoid the skate-park goons and take on the outlaw bikers who are terrorizing the small town. Excitement, action and some radical skating tips. Hang on for another wild ride!

The Gospel According to Peanuts In celebration of Peanuts' 65th anniversary, BOOM! has teamed up with some of the greatest cartoonists of the last 50 years to put a personal spin on Charlie Brown, Snoopy and their beloved gang. This collection features never-before seen art styles from Matt Groening (The Simpsons), Jeffrey Brown (Darth Vader and Son), Raina Telgemeier (Smile, Drama), Terry Moore (Strangers in Paradise) and other legendary cartoonists and authors whose love of Charles Schulz's syndicated comic strip influenced a life long love of art and storytelling that shaped their careers. Contributions include art from Paige Braddock, Patrick McDonnell (Mutts), Mo Willems (Don't Let the Pigeon Drive the Bus!), Jen Wang (In Real Life), Roger Langridge (Snarked, Jim Henson's The Musical Monsters of Turkey Hollow), Art Baltazar (Tiny Titans), Lincoln Peirce (Big Nate), Liz Prince (Tomboy), Stan Sakai (Usagi Yojimbo), Paul Pope (Battling Boy, Batman: Year 100) Evan Dorkin (Sock Monkey, Maakies), and more.
8-Bit Baseball Books in the Just Breathe series provide readers with tools on how to practice mindfulness throughout their day. In Feel Rooted: Being Connected, students will learn about how to stay engaged in the moment and with others. Readers are provided with helpful exercises, tips, and activities to better manage their thoughts and feelings. The book is written with a high-interest level to appeal to a more mature audience and with a lower level of complexity and considerate text to help struggling readers. Includes table of contents, glossary, and index.

Grow Happy Snoopy is the quintessential cartoon dog smile-bringer. From his bantering with Woodstock to his fantasy life, it's no wonder that he's the most popular Peanuts cartoon character! And he's never more endearing than when he's expressing his ultimate joy of life by doing his happy dance (much to Lucy's dismay!). In the Keep Calm and Carry On tradition of keeping a stiff upper lip, Keep Calm and Do the Snoopy Dance urges you to maintain peace by celebrating the happiness of dance and being grateful for all the joys that there are in life. More than 100 quotes and sayings are included in this charming gift book, highlighted with cartoons showing Snoopy in all his dancing splendor. Quotes include: "To those of us with real understanding, dancing is the only pure art form!" — Snoopy "I want women to be liberated and still be able to have a nice ass and shake it." — Shirley MacLaine "Will you, won't you, will you, won't you, will you join the dance?" — Lewis Carroll "Everything in the universe has rhythm. Everything dances." —Maya Angelou

Feel Rooted A one-of-a-kind celebration of America's greatest comic strip—and the life lessons it can teach us—from a stellar array of writers and artists Over the span of fifty years, Charles M. Schulz created a comic strip that is one of the indisputable glories of American popular culture—hilarious, poignant, inimitable. Some twenty years after the last strip appeared, the characters Schulz brought to life in Peanuts continue to resonate with millions of fans, their beguiling four-panel adventures and television escapades offering lessons about happiness, friendship, disappointment, childhood, and life itself. In The Peanuts Papers, thirty-three writers and artists reflect on the deeper truths of Schulz’s deceptively simple comic, its impact on their lives and art and on the broader culture. These enchanting, affecting, and often quite personal essays show just how much Peanuts means to its many admirers—and the ways it invites us to ponder, in the words of Sarah Boxer, “how to survive and still be a decent human being” in an often bewildering world. Featuring essays, memoirs, poems, and two original comic strips, here is the ultimate reader’s companion for every Peanuts fan. Featuring: Jill Bialosky Lisa Birnbach Sarah Boxer Jennifer Finney
Charlie Brown: POW! Christmas has come to the world of Peanuts and
the beguiling gang are celebrating (and commiserating) in this
beautifully produced gift book for all generations. The millions of faithful
Charles Schulz fans and those who fondly remember our best-loved
beagle and his friends will cherish this latest title in the Peanuts Guide
to Life series.

Feeling Happy With her freckles and sports kit, Peppermint Patty shares
her outlook on life in this beautifully produced gift book for all
generations. In her incomparable style, Peppermint Patty spends her
days trying to persuade her best friend Marcie to stop calling her 'Sir',
misunderstanding pretty much everyone around her, falling asleep in
class, talking to Charlie Brown about matters of the heart and accepting
kisses on the nose from Snoopy. For the millions of faithful Charles
Schulz fans, and those who fondly remember this forthright little
tomboy, this new series of books sees the beguiling Peanuts gang share
their sentiments on everything from food to friendship.

Life Lessons from Lucy Keep the blues away with the power of positivity.
Is the world getting you down? Struggling to find the silver lining to that
cloud? Put your best paw forwards and ask yourself, "What would
Snoopy do?" Learn to be more like the world's most famous beagle. Embrace joy, champion your friends, lead the way, and spread
happiness wherever you go. With original comic-strip artwork
accompanied by sharp witticisms and sage advice, Be More Snoopy is
the perfect gift for friends, family, and colleagues who need guidance
on how to make the best of every situation. © 2020 Peanuts Worldwide
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Ramp Rats A Guide to Meditation and Mindfulness for the Modern Day In
our never-ending search for happiness we often find ourselves looking
to external things for fulfillment, thinking that happiness can be
unlocked by buying a bigger house, getting the next promotion, or
building a perfect family. In this profound and inspiring book, Gelong
Thubten shares a practical and sustainable approach to happiness.
Thubten, a Buddhist monk and meditation expert who has worked with
everyone from school kids to Silicon Valley entrepreneurs and Benedict
Cumberbatch, explains how meditation and mindfulness can create a direct path to happiness. A Monk’s Guide to Happiness explores the nature of happiness and helps bust the myth that our lives and minds are too busy for meditation. The book can show you how to: - Learn practical methods to help you choose happiness - Develop greater compassion for yourself and others - Learn to meditate in micro-moments during a busy day - Discover that you are naturally ‘hard-wired’ for happiness Reading A Monk’s Guide to Happiness could revolutionize your relationship with your thoughts and emotions, and help you create a life of true happiness and contentment.

Be Kind, Be Brave, Be You! Presents a collection of Peanuts strips that follows Charlie Brown, his dog Snoopy, and Charlie's friends as they play baseball.

Happiness is a Sad Song Turn meal prep aspirations into reality Our 25 weekly dinnertime meal plans strike just the right balance between guidance and flexibility so that you can customize them to fit your preferences and ever-changing schedule. ATK has done the work of building smart, varied meal plans that minimize shopping and kitchen time and let you choose from prep-ahead options, make-ahead options, and ingredient substitutions to make your life easier, your grocery bill lower, and your dinners better. Practical test-kitchen strategies include:
- Prep all your vegetables and grains for the week in a weekend “power hour.”
- Prep big batches of pantry ingredients ahead in a "pantry power hour" so they're ready to go in a flash.
- Cross-utilize fresh ingredients creatively to prevent food waste and dinner boredom.
- Make, store, and reheat full meals with no loss of flavor.
- Double meals or meal components to freeze half for later. Let's-get-real features simplify your kitchen life:
- Weekly grocery lists max out at a dozen items.
- Active cooking time for recipes maxes out at 45 minutes.
- The Pantry Meals chapter showcases 30 meals that don't add anything to your weekly grocery list, making them perfect for any night you want. Follow one of the plans (with complete shopping and pantry lists and prep and substitution guides) to create fresh, delicious meals that everybody at the table will devour. Or mix and match among the 130 recipes to create your own custom plan. For times when it's just too much to commit to a full plan (we've all been there), every recipe is self-contained with prep-ahead and cook-ahead instructions. And even if you don't do anything ahead, you can still get dinner on the table fast. A thorough introduction explains how to build a strong, diverse pantry (and make the most of it), how to store prepped ingredients to keep them fresh, how to store cooked food safely, the smartest ways to reheat food, essential meal-prep equipment, and more.
The Genius of Charlie Brown Our most cherished cartoon bird shares his wisdom on life in this beautifully produced gift book for all generations. From his perch on top of Snoopy's doghouse, Woodstock spends his days trying (and failing) to fly, falling in love with worms, and striving to be an exemplary secretary to Snoopy. For the millions of faithful Charles Schulz fans, and those who fondly remember Snoopy's scrappy sidekick, this is the third in a new series to cherish that will see the beguiling Peanuts gang share their sentiments on everything from food to friendship.

The Peanuts Guide to Friendship Our favourite cartoon cynic shares her lessons on life in this beautifully produced gift book for all generations. In her inimitable style, Lucy spends her days teasing Charlie Brown, offering up psychiatric advice, giving her little brother Linus a hard time and relentlessly pursuing her beloved piano player, Schroeder. For the millions of faithful Charles Schulz fans, and those who fondly remember the crabby girl in the blue dress, this is the first in a new series to cherish that will see the beguiling Peanuts gang share their sentiments on everything from food to friendship.

Peanuts Dell Archive Brief text and illustrations featuring Charlie Brown and his friends define happiness.

Peanuts: A Tribute to Charles M. Schulz While Charlie Brown, Snoopy, Lucy, Linus, and the rest of the Peanuts gang have enjoyed the kind of success most cartoon characters can only dream about--becoming pop culture icons of the highest order and entering the global consciousness practically as family members--Robert Short's The Gospel According to Peanuts also has found a place in the hearts of many readers, with sales now totaling more than ten million copies. This anniversary edition features a new cover, a new interior design, and a new foreword by Martin E. Marty. Whether coming to the book for the first time or taking a second look, a delightful experience awaits in this modern-day guide to the Christian faith, fully illustrated with Peanuts.

Anti-Diet Our favourite lovable loser and owner of the world's most beloved beagle, Snoopy, Charlie Brown shares his outlook on life in this beautifully produced gift book for all generations. In his incomparable style, Charlie Brown spends his days battling with the kite-eating tree, yearning for the Little Red-Haired girl, refusing to give in on the baseball field and wrestling with his multiple anxieties. For the millions of faithful Charles Schulz fans, and those who fondly remember this insecure little boy in his yellow striped shirt, this is the first in a new series to cherish that will see the beguiling Peanuts gang share their sentiments on everything from food to friendship.
The Wisdom of Woodstock Following the success of the bestselling Clean Gut and Wheat Belly comes this essential guide to improving digestive health from an expert in functional medicine—who reveals why everything that ails us, from fatigue to weight gain to bloating and bad skin, can be traced back to the gut, and shares his cleansing plan to help us reclaim our health. Dr. Vincent Pedre understands gut problems firsthand. He suffered from IBS for years before becoming an expert in functional medicine and learning how to heal his body from the inside. Dr. Pedre used his own experience to develop The Gut C.A.R.E. Program—an approach that draws from both Western and Eastern methodologies, combining integrative and functional medicine—that has a proven success record in his private practice in New York. Now, for the first time, Dr. Pedre makes his revolutionary plan for health and wellness available to everyone. Happy Gut takes readers step-by-step through Gut C.A.R.E.—Cleanse, Activate, Restore, and Enhance—which eliminates food triggers, clears the gut of unfriendly pathogens, and replaces them with healthy probiotics and nutrients that repair and heal the gut. Rather than masking symptoms with medication, he shows us how to address the problem at its core to restore the gastrointestinal system to its proper functioning state. By fixing problems in the gut, followers of Dr. Pedre’s program have found that their other health woes are also cured and have lost weight, gained energy, and improved seemingly unrelated issues, such as seasonal allergies, in addition to eliminating their chronic muscle and abdominal pain. Complete with recipes and meal plans including gluten-free, low-fat, and vegetarian options, a 28-day gut cleanse, yoga postures to help digestion, and testimonials from many of his patients, Happy Gut will help you feel better and eliminate gut issues for life.

Charlie Brown's Christmas Stocking In 1955, Charles M. Schulz began a partnership with Dell Publishing, and for the first time, all-new Peanuts stories were created outside of Schulz’s daily comic strip. BOOM! Studios and the Charles M. Schulz Museum come together to collect these classic tales!

The No More Bullying Book for Kids An irresistible photographic story featuring wild squirrels in homemade miniature domestic settings -- taking a bath, doing laundry, and barbecuing -- will surprise and amuse readers and animal lovers of all ages! Adorable squirrels as you've never seen them! You may think you know what squirrels do all day but Mr. Peanuts is no ordinary squirrel. Instead of climbing trees, he plays the piano. ("Moonlight Sonutta" is his favorite.) Instead of scurrying through the woods, he reads books (such as A Tail of Two Cities). But
everything is more fun with company, so Mr. Peanuts writes a letter to Cousin Squirrel and invites him for a visit! Featuring candid photographs of wild squirrels in handcrafted, homemade miniature settings, this irresistible book is sure to delight readers young and old!

Celebrating Snoopy Celebrate everyday acts of kindness and bravery with the Peanuts gang in this uplifting board book that’s perfect for gift-giving! Give a gift from the heart and then you will see being kind may take time but the cost is free. It’s tough to be brave when you’re high in the sky. It’s true: you may flop, but you also might fly! Go sing in the rain if it makes you smile. There’s only one you. You have your own style! In this ode to kindness, bravery, and being yourself, Snoopy, Charlie Brown, and the whole Peanuts gang encourage young and old fans to look inside and discover that caring and courage are contagious! This special board book is the perfect gift for Peanuts fans of all ages and anyone who’s looking to spread a little more kindness in the world.
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The Secret Life of Squirrels During his fifty-year career, ninety-nine percent of Charles Schulz's creative energies went into the daily Peanuts comic strip. But once in a while he would create a special something else on the side, and this adorable little package collects two of his best "extras" from the 1960s: two Christmas-themed stories written and drawn for national magazines. Created in 1963 (two years before the Charlie Brown Christmas TV special) as a supplement for Good Housekeeping magazine, "Charlie Brown's Christmas Stocking" comprises 15 original captioned vignettes featuring the entire Peanuts cast of the time — Charlie Brown, Snoopy, Lucy, Linus, Schroeder, Frieda, Violet, Shermy, and Sally — each with a joke or reflection about the season. "The Christmas Story" is an original tale created for Woman's Day in 1968, this one focusing just on Snoopy and the Van Pelt siblings, with Lucy and Linus each explaining the meaning of the holiday to Snoopy. "I'm going to have to be careful," Snoopy reflects at the end of the story, resting on his doghouse next to his bone-decorated tree; "all this theology could ruin my Christmas." The book also includes notes on the provenance of the stories and a pocket-sized biography of Schulz.

The Peanuts Guide to Happiness Best friend to Charlie Brown, brother to Lucy, lovable Linus shares his outlook on life in this beautifully produced gift book for all generations. In his incomparable style, Linus spends his days fiercely protecting his security blanket, dodging the insults of his big sister, considering the flavour of his thumb and waiting for the Great Pumpkin to finally appear. For the millions of faithful Charles Schulz fans, and those who fondly remember this philosophical little boy with
his blanket, this new series of books sees the beguiling Peanuts gang share their sentiments on everything from food to friendship.

Love is Walking Hand in Hand My name is Kiko. I'm a gardener. I grow happy. Let me show you how. Kiko shows the reader how she grows happiness: by making good choices, taking care of her body and mind, paying attention to her feelings, problem solving, and spending time with family and friends. Kids will learn that they can play a pivotal role in creating their own happiness, just like Kiko. A Note to Parents and Other Caregivers provides more strategies for helping children learn how to grow happiness. Age range 4-8.

The Peanuts Book This fun-filled and age-appropriate book explores the ways in which we experience happiness. Young readers are introduced to the colorfully charismatic character Captain Cheerful, who exhibits happiness throughout the main text. The compelling comic book style, illustrations, and appealing, full-color photographs draw readers in, allowing them to relate more easily to this essential subject matter. They are also encouraged through the simple and accessible text to explore what causes emotional responses and how to embrace them with positivity. Readers are sure to have a smile on their face after engaging with this joyful text.

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