



I Just Want My Kids to Be Happy! Why You Shouldn't Say It, Why You Shouldn't Think It, What You Should Embrace Instead

Aaron Cooper, Eric Keitel

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Millions of loving parents say that their children's happiness is the most important thing. But what these well-intentioned moms and dads don't know is that a certain kind of devotion to the happiness creed hurts, rather than helps, *both* generations. It's perhaps the leading cause, the authors argue, of the increasing incidence of youth worry, anxiety, and depression. We all want our kids to be happy, but there's a secret behind making it happen that every parent should know. This surprising and highly readable book, drawing from twenty years of research in the happiness field, reveals that secret, and gives parents a blueprint for aiming their kids toward authentically happy lives.



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