



Triumph: A Curriculum for All Schools and Universities (Paperback)

By Beatriz Martinez-Penalver

Balboa Press, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.The use of antidepressants has increased by 400 since 1988, and at least one out of every three Americans is dissatisfied with life. Despite those sobering statistics, we are not doing enough to teach children how to become emotionally literate. We're failing to carry out one of our main duties: preparing the next generation to enjoy a life filled with joy and purpose. Beatriz Martinez-Penalver, a psychotherapist with more than twenty-five years of experience, seeks to fix that problem with this fluid curriculum that helps students, educators, and parents live a life without limits. Learn how to: develop thought patterns that lead to Triumph; see failure as an integral part of success; substitute negative thoughts with empowering affirmations; become a problem solver individual; experience silence to create a life worth living. Get the practical guidance and strategies you need to help students overcome challenges, and inspire them to create the phenomenal life they are meant to have. It was my wife's, Susan Jeffers, Ph.D., dream to create a book for children and adolescents based on the teaching in her landmark self-help book,...



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Reviews

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