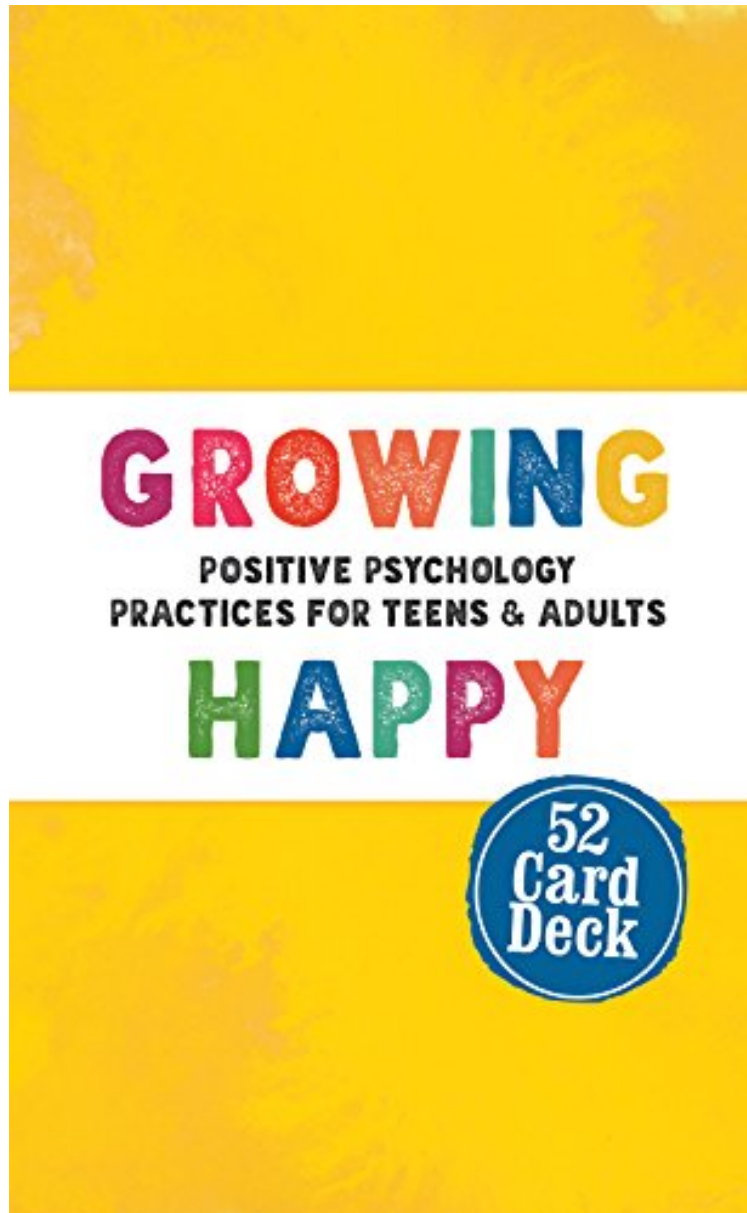


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## Growing Happy Card Deck: Positive Psychology Practices for Teens Adults

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From the Inside FlapTeaching and incorporating positive psychology into your home, classroom and therapy session is easy with the Growing Happy card deck. Grounded in the modern scientific findings of positive psychology, the card deck features 50 unique positive practice that will leave you feeling happier, present and resilient. Perfect for teens and adults.About the AuthorMitch R. Abblett, PhD, is a clinical psychologist and clinical director of the Manville School, a therapeutic day school program in Boston, MA, serving children and adolescents with emotional, behavioral and learning difficulties. He maintains a private practice, and has written regarding mindfulness, clinical work, and youth mental health needs. He conducts national and international trainings on mindfulness and its applications. Christopher Willard, PsyD, is a psychologist and educational consultant in the Boston area specializing in mindfulness-based work with adolescents and young adults. He holds an appointment at Cambridge Hospital, a Harvard Medical School teaching site, and leads workshops nationally and internationally. Dr. Willard has been practicing meditation for over 15 years. His thoughts on mental health have been featured in The New York Times, cnn.com, and elsewhere. He is the author of Child s Mind (2010), The Mindfulness for Teen Anxiety Workbook, (2014), and Co-Editor of Mindfulness with Youth, From the Classroom to the Clinic (2015)