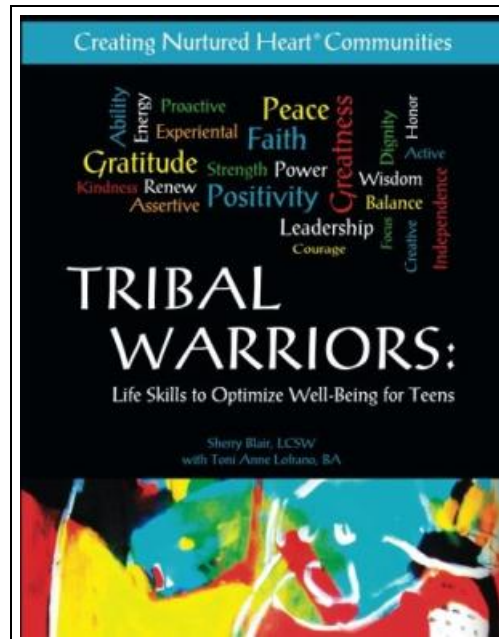


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Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This workbook moves beyond life skills as we traditionally know it and steps outside of the box to get middle and high school youth optimized in life and overall well-being. As an integrated model and grounded in the rigorously researched interventions and theories of positive psychology, this workbook introduces these concepts to youth to optimize their well-being. The evidence based model of REBT (Rational Emotive Behavior Therapy) is introduced to increase rational living and to teach all youth that making smart choices, decreasing self-defeating behaviors and unhealthy negative emotions can be done with practice and application giving them the tools they require to not only be successful in adolescence but as young adults. The Nurtured Heart Approach is included as the epoxy that ties all the concepts together but most importantly builds flourishing relationships at home, school and in the community. Section Two pulls the tribe together to stand against all types of bullying, hate crimes and violence in their schools and communities. It is the belief that before we can address bullying to increase peaceful relationships, we need to build up each individual, whether they have been victimized or have offended. All youth need the information presented in order to stand together to build peaceful Nurtured Heart communities. A note from the author: For close to two decades, I have been personally working with children and youth in their schools, in their communities and in their homes. I have worked with both the victims and the offenders and at times have discovered that the victim is often the offender in another setting. For example if the victim is being bullied at school, he/she may come home and bully their...



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