

Life's Six Buckets

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Synopsis

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Help your children discover who they are and more importantly who they can become. *Life's Six Buckets* asks the right questions to playfully make conscious the road to a meaningful life!

(Dr. John Ratey, author of *Spark*)

Have you ever wondered why so many people are so unhappy, even though they work so much, do so much, and have so much?

Drawing from the latest in neurology, psychology, biology, nutrition, and genetics, *Life's Six Buckets* has the answer.

Life's Six Buckets will:

- Increase your child's chances of becoming their best self
- Teach you real-life skills for improving your life
- Be great time spent with your loved one

Life's Six Buckets will also:

- Shatter common beliefs and reveal why your parents got it wrong
- Show you how to avoid the most common mistakes adults make
- Uncover the hidden whys that steer your life

"Your daughter is very lucky! We have so much education for academics and virtually none for living a flourishing life!"

(Professor Ed Diener, author of *Happiness and International Differences in Well-Being* with Daniel Kahneman)

Reader's comments

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