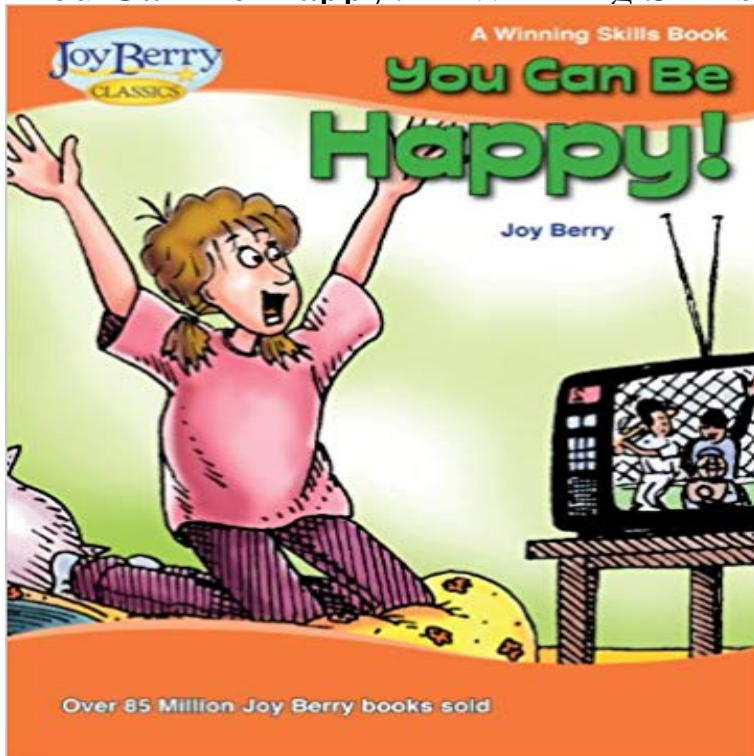


You Can Be Happy! A Winning Skills Book



Recommended for ages 11 and up. You Can Be Happy is a highly entertaining, easy-to-read, cartoon-illustrated book from Joy Berrys best-selling WINNING SKILLS series of books for young people. Everyone deserves to be happy and it is not that hard. There are certain principles you must understand and some practical steps you need to take. In this book Joy will show you what is happiness, what makes you happy, what you can do to make yourself happy, six facts about happiness, what you should do when you are unhappy, ways to avoid unhappiness, and what you should do when you are depressed. Every page contains a cartoon that will both drive home the point and capture the readers attention. Teaching these vital skills to young people has never been so easy and so much fun! The entire Winning Skills series includes these 18 volumes: You Can Be a Winner! You Can Have a Great Future! You Can Be a Star! You Can Be Happy! You Can Be Liked! You Can Be Beautiful! You Can Break Bad Habits! You Can Handle Tough Situations! You Can Handle Rude People! You Can Handle Criticism and Rejection! You Can Handle Stress! You Can Overcome Fear! You Can Attain Your Goals! You Can Get Organized! You Can Be in Control! You Can Be Assertive! You Can Be Creative! You Can Be Smart!

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