



# Raising Happy Children: Optimism and Resilience

## Resources

- [www.Greatergood.berkeley.edu/raising\\_happiness](http://www.Greatergood.berkeley.edu/raising_happiness)
- [www.Pursuit-of-happiness.org](http://www.Pursuit-of-happiness.org)
- “Flourish” by Martin Seligman
- “Raising Happiness: 10 Simple Steps for More Joyful Kids and Happier Parents” by Christine Carter
- “Temperament Tools: Working with Your Child’s Inborn Traits” by Helen F. Neville with Diane Clark Johnson
- “The Promise of Proactive Parenting” by Lynn Reeves Griffin (good perspective on raising children with sensitivity to temperament)

