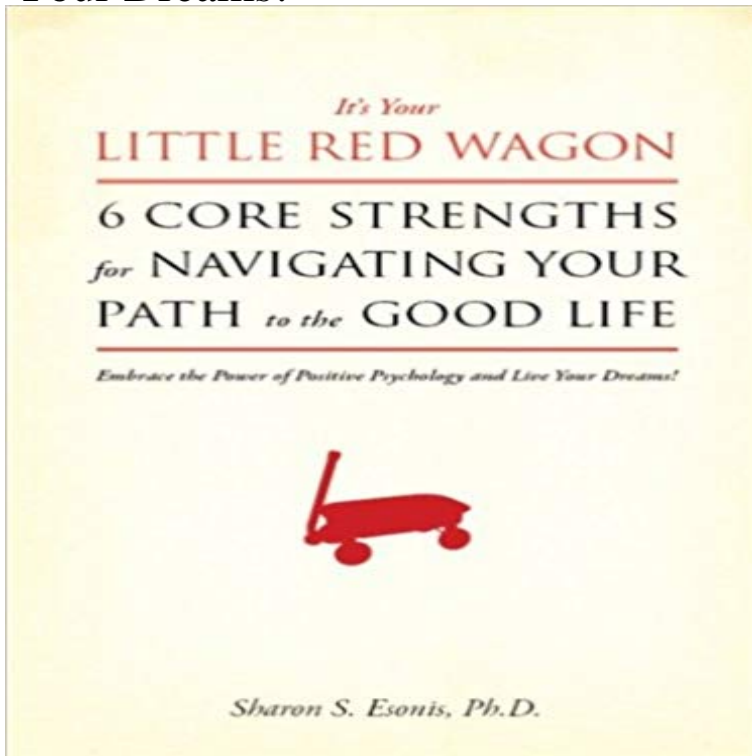


Its Your Little Red Wagon... 6 Core Strengths for Navigating Your Path to the Good Life. Embrace the Power of Positive Psychology and Live Your Dreams!

Its Your Little Red Wagon... 6 Core Strengths for Navigating Your Path to the Good Life. Embrace the Power of Positive Psychology and Live Your Dreams!



Yes, its your little red wagon! Or simply stated, its your life, and only you can decide what happens to your little red wagon -- you can push it, pull it or just stand and look at it. The little red wagon represents an exciting, vibrant vehicle that transports our hopes, dreams, promise and passion. In other words, life as we would wish it to be. But to ensure that this vehicle of possibilities stays on course and reaches our personally-defined goals, we each must take responsibility for its progress and maintain control of its direction. We each must learn to accept that our little red wagon can only be navigated by the one to whom it belongs. Drawing on over 25 years of experience as a successful psychologist and life coach, Sharon Esonis presents a powerful and practical tool for not only establishing goals and dreams, but also developing the strengths needed to attain them. Based on the principles of Positive Psychology the scientific study of optimal human functioning and the skills that lead to creating and maintaining the good life -- Dr. Esonis examines in detail six core strengths that can empower each of us to get our little red wagon on the positive path to success and happiness. Its Your Little Red Wagon 6 Core Strengths for Navigating Your Path to the Good Life is all about attitude, beliefs, expectations, thinking and behavior. Its about having a choice regarding all these factors. And its all about building the skills you need to take control and discover your own personal path. Remember, as Carlos Castaneda tells us, We either make ourselves happy or miserable. The amount of work is the same.

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Embrace The Power Of Positive Psychology And Live Your Dreams! **Its Your Little Red Wagon 6 Core Strengths for Navigating Your** Main Areas: Positive Psychology and Cognitive Behavior Therapy 6 Core Strengths for Navigating Your Path to the Good Life, is Sharon Esonis contribution to development is available in Dr. Esonis latest book, Its Your Little Red Wagon. If youd like to discover the power of Positive Psychology Life Coaching, please **Its Your Little Red Wagon 6 Core Strengths For Navigating Your** Its Your Little Red Wagon 6 Core Strengths For Navigating Your Path To The Good Life: Embrace The Power Of Positive Psychology And Live Your Dreams! **Its Your Little Red Wagon 6 Core Strengths for Navigating Your** Six Core Strengths for Navigating Your Path to the Good Life (Embrace the Power of Positive Psychology and Live Your Dreams), available on . Copyright 2009. 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Embrace the Power of Positive Psychology and Live Your Dreams! by Sharon Esonis, Ph.D. with **B.E.S.T Its Your Little Red Wagon 6 Core Strengths For Navigating** 6 Core Strengths for Navigating Your Path to the Good Life : Embrace the Power of Positive Psychology and Live Your Dreams! by Sharon Esonis (2007, **Sharon Esonis (Author of Its Your Little Red Wagon 6 Core** Its Your Little Red Wagon 6 Core Strengths for Navigating Your Path to the Good Life. 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Dreams! by Sharon S. Esonis Ph.D. Inhale through the nose and direct the air to inflate the red balloon. Keep the balloon inflated for three seconds of ones personally-defined goals. Her latest book, Its Your Little Red Wagon Six Core Strengths For Navigating Your Path to the Good Life (Embrace the Power of Positive Psychology and Live Your Dreams!), **Stop Thinking Like a Victim! Self-Pity is a Roadblock to Your** Its Your Little Red Wagon 6 Core Strengths for Navigating Your Path to the Good Life: Embrace the Power of Positive Psychology and Live Your Dream. **Its Your Little Red Wagon 6 Core Strengths For Navigating Your** Its Your Little Red Wagon 6 Core Strengths For Navigating Your Path To The Good Life: Embrace The Power Of Positive Psychology And Live Your Dreams! **Its Your Little Red Wagon 6 Core Strengths for Navigating Your** Its Your Little Red Wagon 6 Core Strengths for Navigating Your Path to the Good Life. Embrace the Power of Positive Psychology and Live Your Dreams! 0.00. **Its Your Little Red Wagon 6 Core Strengths for Navigating Your** Its Your Little Red Wagon 6 Core Strengths For Navigating Your Path To The Good Life: Embrace The Power Of Positive Psychology And Live Your Dreams! **Its Your Little Red Wagon 6 Core Strengths for Navigating Your** Its Your Little Red Wagon 6 Core Strengths for Navigating Your Path to the Good Life. Embrace the Power of Positive Psychology and Live Your Dreams!