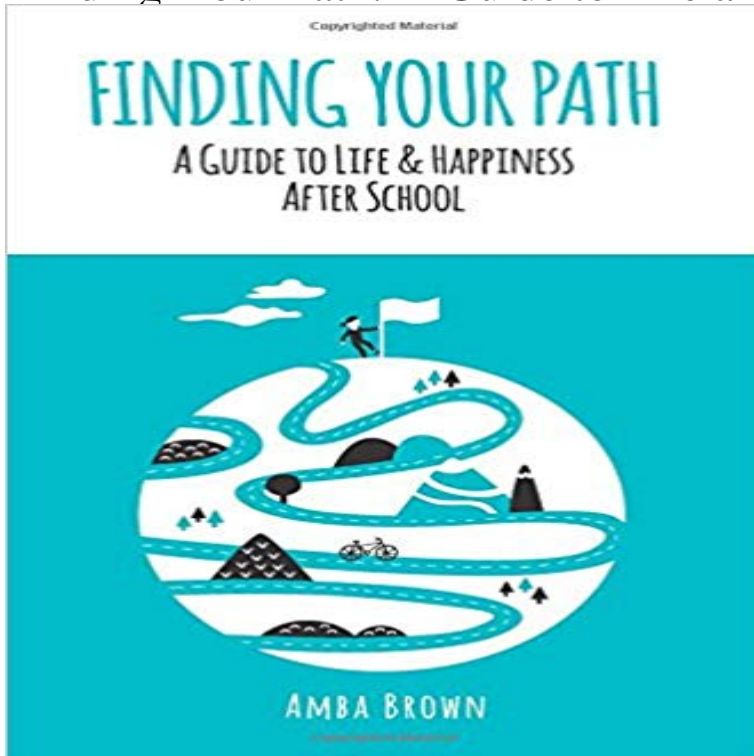


Finding Your Path: A Guide to Life and Happiness After School



Are you, or is someone you know, finishing high school and trying to find their path? This is such a stressful transition when you're wracked with indecision and lacking direction! New, young and fun, positive psychology guidebook written to help students become healthy, happy and fulfilled. Finding Your Path is a must have, inspiring and easy to read handbook for anyone transitioning from school to adulthood. The perfect gift for 2016 school-leavers! Ranked #1 on Amazon for Education Problem Solving and #2 for Psychology Education and Training. The book has been reviewed and endorsed by many well known members of the international positive psychology community and professional educators. The chapters of the book explore the different pathways you can take after high school including work, study and travel by outlining their benefits for the graduate to consider their options and make informed decisions. One of the greatest advantages of this day and age is the range of opportunities at your fingertips. But this also means an overload of information and choice! Not to mention the different pressures from either school or parents. The daunting question: What will you do next? can be extremely stressful when you're wracked with indecision and lacking direction. (Book excerpt - Amba Brown) Through the book's positive psychology tone, the focus is on trusting yourself to create a path of integrity and happiness. What is Positive Psychology? While traditional psychology focuses on our weaknesses, positive psychology focuses on our strengths, cultivating our best selves so we can lead meaningful and fulfilling lives. This is the science of happiness. Australian author, Amba Brown holds a Psychology Degree with Honours in Positive Psychology. She is currently a member of the International Positive Psychology Association and is

passionate about alleviating youth anxieties. Amba is from Sydney, Australia and has also lived in Asia and America. Wherever she is, she always carries with her the goal of implementing the science of happiness with her motto Helping students become healthy, happy and fulfilled. Get your copy today! For more information see findingyourpathbooks.com/ Also available as eBookamazon.com/dp/B01DOWPEFQ

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