



## Why Am I Not Happy (Chinese Edition)

*(U.S.) Sarah Natsumi Le*

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Sometimes, Children may be unhappy strangely, but parents often do not realize what they can do to help the kids feel happy, in fact, there are many ways you can do to help the sad and depressed children get out of trouble. By reading this book, and guide the children every day to complete one activity introduced in the book, the parents can help children to acquire necessary skills to get rid of low mood and inadequate self-confidence, so as to help children to get a positive and optimistic attitude towards life. The activities are based on cognitive behavioral therapy, game therapy, and art therapy, with support from a lot of theoretical and clinical practice.

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