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Subject: Insights from "The Sauce" Introducing Denise Flora

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Chocolate Sauce Books

from THE SAUCE

Happiness is a skill that can be learned -- through play.
from Denise Flora, creator of Ready Set Happy

This summer as you take trips to visit family or see the sights, likely there will be some waiting, in the car, at the airport, on the train, or in line at the theme park. Would you pack an extra helping of Patience in the bags if you could? One place to get ideas to model and help your children have fun practicing Patience and 15 other positive qualities is Ready Set Happy, a book created for the Foundation for Developing Compassion and Wisdom. Ready Set Happy (RSH) is based on the 16 Guidelines for Life and includes games, stories, songs, puzzles, poems, and science experiments, there are over 100 activities for diverse learning styles designed to develop skills to become happier.

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