

Happythoughts are Everywhere...

Price: \$16.95

Written & Illustrated
by Nicky Johnston



These days, Bayden is a happy and confident boy. There was a time, not long ago when Bayden worried about everything, ALL of the time. That was, until he discovered the power of Happythoughts!



Bayden searched his wardrobe.
He didn't find his **happythoughts** but did find his special teddy that had been lost for months.
Bayden was excited and beamed as he hugged his teddy.



Join Bayden's journey as he goes in search of his happythoughts - you'll never guess where he finds them!

This clever story has been written to help children learn that by changing their thoughts, they can change their feelings. A simple strategy to help them take control of their anxiety!

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**Also written & illustrated by
Nicky Johnston**

Go Away, Mr Worrythoughts!