



True You! Authentic Strengths for Kids

- **Author** - Fatima Doman

As decades of research has shown, children who express their character strengths tend to be happier, engaged, more resilient and higher achievers! This book helps children discover their strengths and learn how to use them consistently. Consider the profound positive impact on a child's learning and overall development once they know what their best qualities are. The qualities that, when nurtured, can lead to good outcomes in every aspect of their lives. Developing an awareness of these strengths helps children to focus on "what's strong" instead of "what's wrong."

True You! Authentic Strengths for Kids opens up a vital pathway to engagement?at school, in relationships and in life, bringing out the best in the children you seek to positively influence!

“Imagine giving your child a vocabulary for what’s right and good in self and others. This book does that, giving you a simple yet profound way of naming what’s strong, not wrong. The language of character strengths has impact beyond just reading this book to a child you love. It’s the language that keeps on giving for a lifetime. Learn that language today, starting with this book!” —Megan McDonough, CEO and Co-Founder, Wholebeing Institute

Learn more about Fatima Doman and the [Authentic Strengths Advantage](#)

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