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Growing Up with a Bucket Full of Happiness Three Rules for a Happier Life

Book teaches preteens and teens — and even adults — how to keep their buckets filled and master three very important rules for a happy life.

The simple concept of an invisible mental and emotional bucket, as described in Carol McCloud's *Growing Up with a Bucket Full of Happiness: Three Rules for a Happier Life*, gives a very real and profound understanding of why people act as they do. McCloud believes her updated and redesigned book is needed now, more than ever.

"Ten years ago, this book was written when headlines of teenage suicide and bullying were rampant," states McCloud. "If we are to expand our ability to live happier lives, we must learn to treat all people with kindness and, at the same time, more effectively cope with meanness, abusive behaviors, and negative influences that often surround us. Understanding the bucketfilling concept and having the necessary tools are just as crucial today."

This 10th anniversary edition of McCloud's book teaches the "bucketfilling" language as she examines a number of difficult subjects with colorfully-illustrated chapters, thought-provoking questions, and relevant examples of real-life situations. "Filling Your Own Bucket," "Group Dipping," "The Law of the Lid," "Heroes Stand Up for Others," and "When Your Bucket Tips Over" are just a few of the sub-chapters that will help readers internalize the important lessons in *Growing Up with a Bucket Full of Happiness*. The book ends these lessons by reinforcing the rules. Readers are given an opportunity to practice, and then self-test, their bucketfilling progress with the in-chapter questions or by utilizing the companion journal, *My Bucketfilling Journal: 30 Days to a Happier Life*.

McCloud's goal is clear: She wants people of all ages to learn and experience, through daily practice, the value of kindness, understanding, resiliency, and courage in a world that isn't always kind.

Author Carol McCloud, the "Bucket Lady," is the author of ten books, which began with the blockbuster *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids* in 2006. By trade, Carol is a speaker, author, and certified emotional intelligence trainer. Her books have sold three million copies and have been translated into many different languages. A champion for bucket filling, Carol works with a powerful presenter team who strive to help all ages and occupations grow in kindness, self-control, resilience, and forgiveness, all leading to a happier life.



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