



Bucket Fillosophy® 101

Words of Wisdom to Keep Your Bucket Filled

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Secrets to Your Happiness



[Click for Video: Carol shares about this week's e-newsletter](#)

"Do you know that everyone in the whole world has an invisible bucket, an invisible dipper, and an invisible lid? It's true! EVERYONE! Whatever your age, wherever you live, whatever you look like on the outside, you have an invisible bucket, dipper, and lid. Knowing how buckets, dippers, and lids work will help you learn three secrets to your happiness."

So begins our upcoming Spring 2018 book, ***Buckets, Dippers, and Lids: Secrets to Your Happiness***. This three-chapter, 48-page picture book takes bucket filling and bucket dipping one step further by adding the idea that we also have an invisible lid. Readers learn what gives happiness, what takes some away, and what protects it.

This concrete concept helps readers of all ages grow in kindness, self-control, resilience, empathy, and forgiveness, all leading to a healthier self-concept, more positive relationships, and greater happiness. What's better than that?!

Watch for ***Buckets, Dippers, and Lids*** to go on sale on through our website April 2018 or you can pre-order now through [Amazon.com](https://www.amazon.com).

To Your Happiness,
The Bucket Fillers Team
