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## Happiness Doesn't Come from Headstands

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By Tamara Levitt

Wisdom Publications, U.S., United States, 2017. Board book. Condition: New. Language: English . Brand New Book. Trying--and failing--can be a path to happiness too. Leela loves to do yoga. She could do all sorts of poses, but there was one pose she couldn't do. Every time Leela tried to do a headstand. KERPLUNK! This book explores the themes of acceptance, resilience, and self-compassion and offers the message that just because we may experience a failure does not mean that we are a failure. Written as a counterpoint to the message of *The Little Engine that Could*, *Happiness Doesn't Come from Headstands* is a story about a girl who tries her best, but still falls down. Through the process she learns that happiness is not determined by external achievement. Through accepting our limitations and celebrating our efforts, even in the face of failure, peace can be found.

### Reviews

*Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Otis Wisoky**

*This publication is great. It is full of wisdom and knowledge. You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).*

-- **Dr. Everett Dicki DDS**