



The Self in Schooling: Theory and Practice: How to Create Happy, Healthy, Flourishing Children in the 21st Century

Henry G. Brzycki

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Announcing a New Honor for *The Self in Schooling!*

The *American Counseling Association* (ACA) has awarded this book the "recommended for members" distinction.

The Self in Schooling: Theory and Practice - How to Create Happy, Healthy, Flourishing Children in the 21st Century presents a new interdisciplinary educational theory that combines the latest psychological, educational, and well-being research. This theory addresses the psychological and physical well-being of our children in today's society, and can be applied to classroom practice, curricula and educational policy. The mental and physical health of our children is bad and getting worse, and we need to teach children a new kind of mind, a psychology of the self that is able to handle the myriad of 21st century challenges. Schools and schooling, teaching and learning, need to transform to impart this new mind, focusing first on the mental and physical health of children. The research presented in this book makes a compelling case: we must truly personalize the learning for all individuals through K-16 schooling. This work references the most recent research in positive psychology, educational psychology, and mind, brain and education, and makes it accessible for scholars, practitioners, students, and parents. The practice section of this book provides real-world examples that can be immediately applied to help children flourish. Dr. Brzycki paints a brand new picture of education. This new relationship between psychology and education is nothing less than an entirely new lens through which to view the psychology of youth, schools, teaching and learning, and the well-being of children. Dr. Brzycki inspires hope for impacting the tragic mental and physical well-being issues so prominent and troubling in our time. He shares insights and experiences learned over his distinguished counseling and teaching career and offers a breakthrough model for transforming people's lives, teaching and learning best practices, and our society.

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