

Overview of Courses

1.) The Way to Happiness

We intend to reverse the moral decay of our society by restoring trust and honesty through the widespread distribution of **The Way to Happiness booklet**, a common sense guide to better living.

Nonreligious and unbiased, The Way to Happiness has earned accolades from schoolchildren, teachers, educators, principals, professors, governors, mayors, doctors, nurses, lawyers, parsons and priests who have used the precepts of this book, and so helped others to lead decent, honest and happier lives. **The Way to Happiness further holds a Guinness Record** as the world's single most translated non-religious book in the world.

It is in our power to point the way to a less dangerous and happier life for all.

2.) The Truth about Drugs

This program empowers youth and adults with factual information about drugs so they can make informed decisions and live drug-free.

What young people don't know about drugs can kill them.

No one questions the severity of the drug problem and its devastating impact on youth. Academic results suffer and, even worse, drugs undermine health and destroy young lives.

The best solution is to reach young people with effective, fact-based drug education—before they start experimenting with drugs. Tweens, teens and young adults who know the facts about drugs are much less likely to start using them.

This Truth about Drugs Education Package is the ideal supplemental aid. It fills the growing demand for practical tools to help the teacher, instructor or drug prevention specialist communicate the truth about drugs swiftly and effectively. It provides lesson plans, assignments and classroom activities that capture and retain young people's attention—and elicit their participation. Students willingly read, view and, most importantly, use the information to make the right choices about drugs.

Let's reach kids before drugs do.

3.) Learning How to Learn

At **Better Living Foundation**, we define successful learning the same way we define proficiency. Someone who learns a subject successfully should be able to use that subject to accomplish something. They should be able to accomplish it quickly, without error and with good judgment. These are the ingredients for success in life—in any field of endeavour.

Overfilled classrooms, underachieving students and “learning disorders” are today all too common. Teachers struggle with classroom management problems while principals ponder the correct levels of discipline to control unruly students.

The basic fact is that students fail to learn because no one ever taught them how to learn—that is, how to identify the barriers to learning and how to overcome those barriers. We address these barriers and how to overcome them with our [Learning How to learn Program](#).

4.) Youth for Human Rights and Nutritional programs

At **Better Living Foundation** we intend to enhance the potential of the individual by giving him better tools of survival, better conditions in which to thrive, better reasons for living.

First of all education imbues the individual with the culture in which he lives and gives him the skills to develop to his potential, better enabling him to live to the full.

Secondly changing his environment into one which is less upsetting is happier for him and in which he can grow, also serves to make an individual a more rounded person doing better in life. A special part of environmental change would be a healthy lifestyle sustained by **good nutrition, better living conditions and recreation**.

Therefore, together with the education on our subjects mentioned before, we also focus on **nutrition**.

It should be noted that when we speak of nutrition, we are not only talking about vitamins and minerals. We are talking about food normally eaten, supplemented with plenty of green vegetables that have not been overcooked and have the needed dosages of vitamins and minerals. Vegetables contain a lot of minerals and fibre as well as some vitamins necessary to recovery.

A poor diet may have a detrimental impact on the health and development of especially children and adults too.

Our nutritional products contain Moringa. The nutritional properties of Moringa are now so well known that there seems to be little doubt of the substantial health benefits to be realized by the consumption of Moringa.

Moringa contains vitamin A, vitamin C, Calcium, Potassium, Iron and Protein and it contains it in high amounts which are easily digested and assimilated by the body. It is the most nutritious plant discovered to date with over 90 nutritional compounds.

Moringa supplies the body with the nutrients it needs to protect and heal itself. The best medicine is preventive medicine.

Good health is today's wealth.

Different programs can be delivered depending on your Company or educational institution's budget. Please contact our office for further information.

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