



# Buckets, Dippers, and Lids: Secrets to Your Happiness

**Author** Carol McCloud

**Illustrator** Glenn Zimmer

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**Contact:**  
Caryn Butzke, Business Manager  
P.O. Box 255, Brighton, MI 48116  
Ph: 810-229-5468  
Fx: 810-588-6782  
Em: info@bucketfillers101.com  
www.bucketfillers101.com

@BucketFillers1



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In 2006, Carol McCloud wrote her best-selling children's book, *Have You Filled a Bucket Today? A Guide to Daily Happiness for Kids*. It was the first children's book to introduce millions of children and adults to the language of bucket filling and bucket dipping. *Buckets, Dippers, and Lids: Secrets to Your Happiness* takes bucket filling and bucket dipping one step further by adding the idea that we also have an invisible lid. We "use our lid" to protect and keep the happiness in our bucket.

The concept is so simple and concrete that a seven-year-old can understand its meaning. The happiness secrets revealed through the words and illustrations found in *Buckets, Dippers, and Lids: Secrets to Your Happiness* can actually create a foundational paradigm shift that changes the way we think about things. Your emotional intelligence grows.

On an adult level, your bucket is your mental and emotional health. On a child's level, your bucket holds your happiness or your good thoughts and feelings. While other people can affect your happiness, your happiness belongs to you and you can learn to protect it. This book was written not only to put a stop to bullying but to prevent the long-term damage that bullying can cause for everyone involved.

*Buckets, Dippers, and Lids* is not just a children's book; it's for adults, too. More than a picture book, the three chapters can be read, discussed, and practiced separately. Three concrete objects - a bucket, a dipper, and a lid - help readers see and learn what adds to 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.

**AUTHOR:** Carol McCloud, the Bucket Lady, has been writing and teaching on bucket filling since 2006. As president of Bucket Fillers, Inc., she works with a small team of educators to create a kinder and happier world. Carol is a graduate of Oakland University's School of Education in Michigan and a certified Talent Smart<sup>®</sup> Emotional Intelligence trainer.