

EDUCATION TO LIVE WELL

**PRIMARY HUMAN DEVELOPERS
RESOURCE GUIDE SERIES**



PRIMARY HUMAN DEVELOPERS - RESOURCE GUIDE SERIES

EDUCATION To LIVE WELL

ALL PEOPLE • YOUNG PEOPLE

PARENTS • TEACHERS • LIBRARIANS

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First edition.

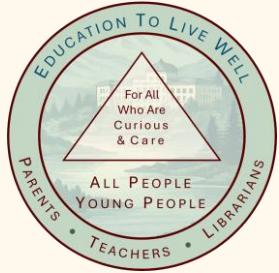
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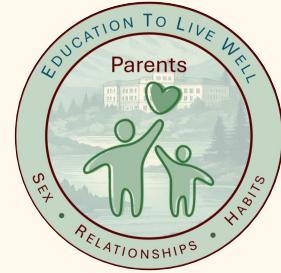
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EDUCATION To LIVE WELL

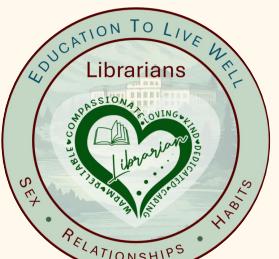
Teens, Young Adults, Adults Parents, Teachers & Librarians



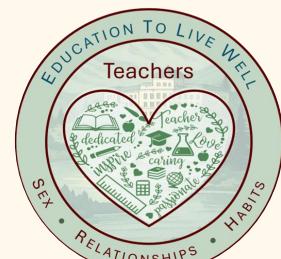
COACHING

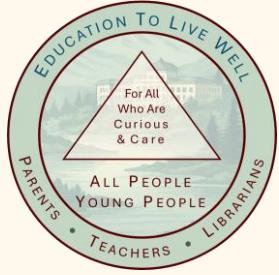
GUIDES

PROGRAMS



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EducationToLiveWell.org





EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Visit Our Resource Website
EducationToLiveWell.org/resources

7 Keys to Love: Opening Love's Door to Joy & Wellbeing

From Self-Limitation to Self-Actualization

Evolving Wellbeing

From Stuck Patterns → Healing → Stability → Sacred Life

Sexual Media Awareness

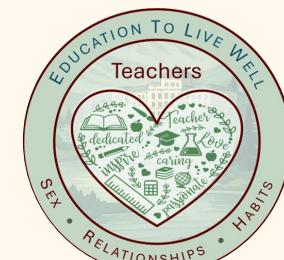
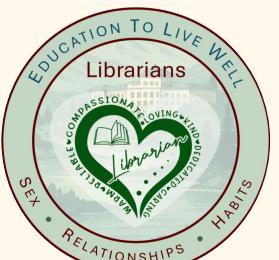
Relationships & Communications Skills

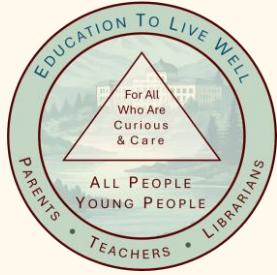
Healthy Habit Improvement

Self-Compassion, Self-Kindness & Self-Care

Wisdom & Meeting the Wise One Within

Creative Collaboration: At Home, Work, and In the Community





EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians

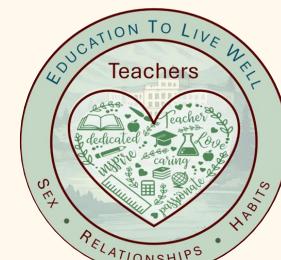
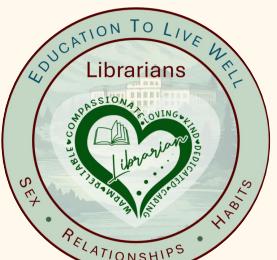


Welcome to the Education to Live Well Resource Series

Practical guides designed to help people strengthen wellbeing, relationships, habits, and inner wisdom in an increasingly stressful and distracting culture.

These guides translate personal growth into clear models and tools you can actually use, covering topics such as self-actualization, sexual media awareness, communication skills, habit improvement, self-compassion, wisdom practices, and creative collaboration at home, at work, and in the community.

Each resource is grounded in care, clarity, and personal responsibility, supporting adults and young people in learning how to live with more integrity, balance, purpose, and relational health.



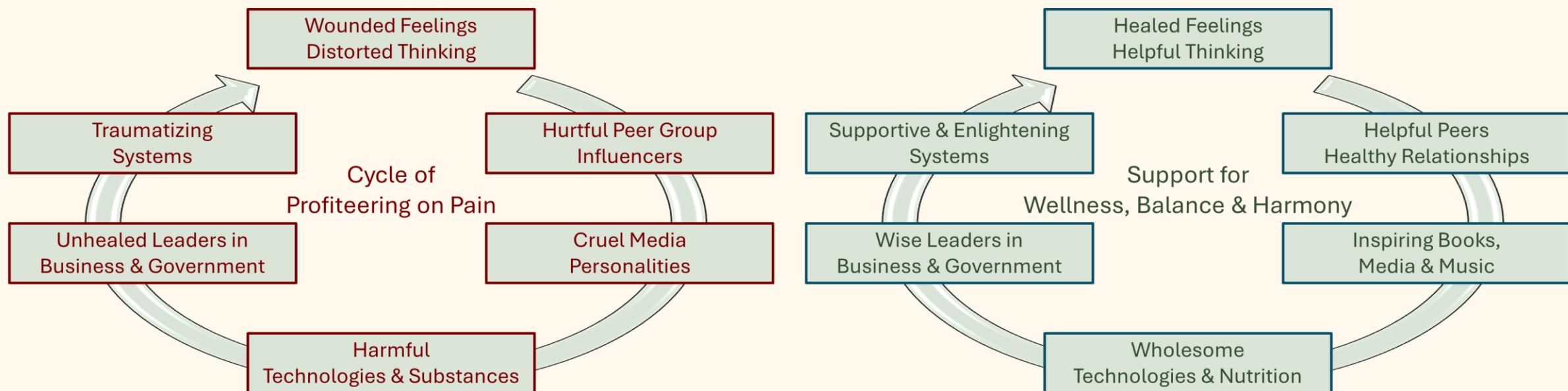
The Two Cycles Shaping Human Development Today

Introduction to the Model

Human development does not happen in a vacuum.

Our emotional life, our thinking, our habits, and even our leadership capacity are shaped by **the systems and influences around us**.

This model shows two competing cultural cycles:



The Two Cycles Shaping Human Development Today

Introduction to the Model

1) The Cycle of Profiteering on Pain

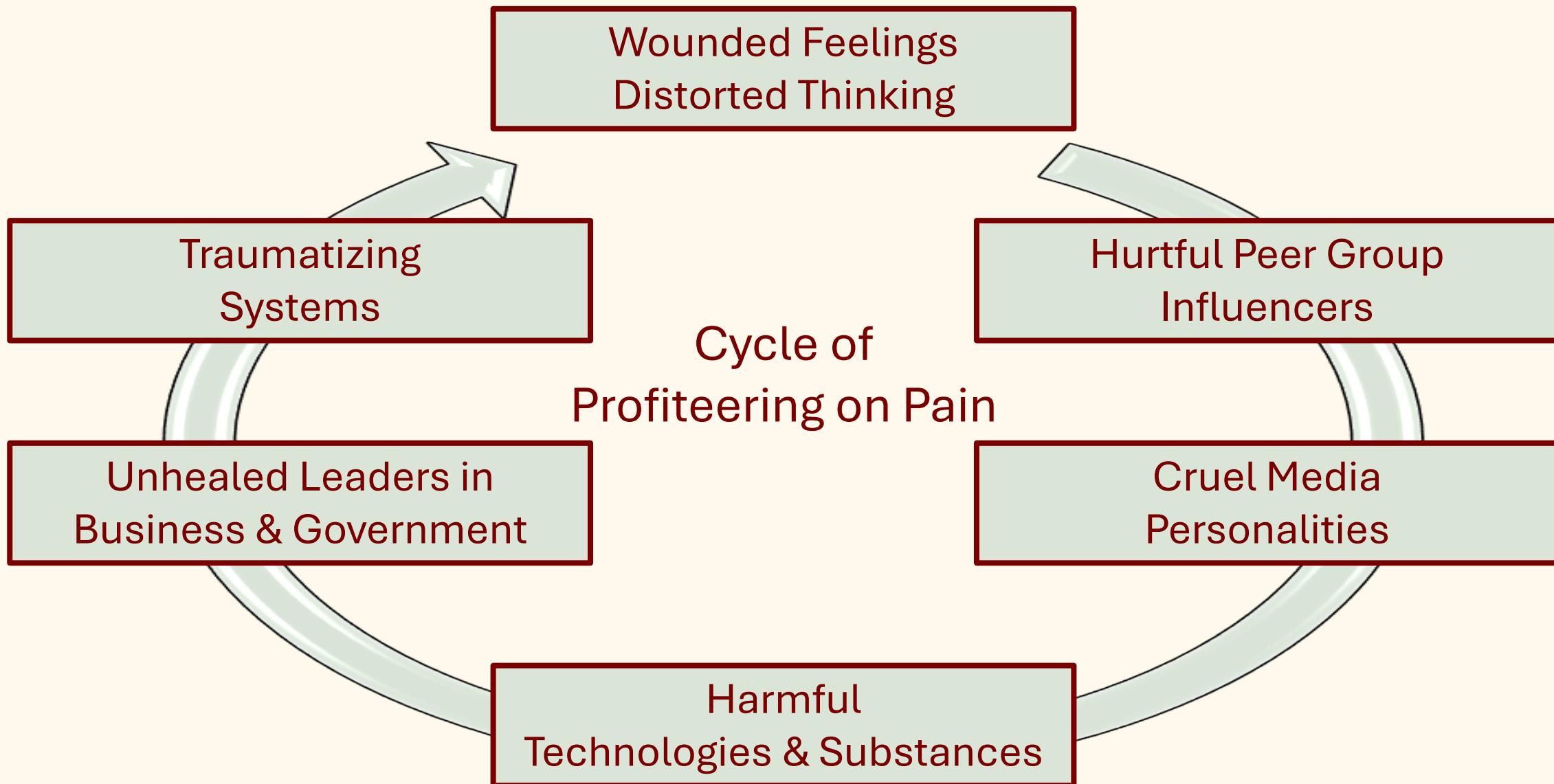
At the top of the first diagram is the core human vulnerability:
wounded feelings → distorted thinking.

When those wounds are not healed, people become easier to manipulate, distract, and exploit. That creates a reinforcing cycle of harm:

- **Hurtful peer group influencers**
- **Cruel media personalities**
- **Harmful technologies & substances**
- **Unhealed leaders in business & government**
- **Traumatizing systems**

Together these forces create a loop where suffering is not reduced — it is **monetized, normalized, and repeated**. The outcome is predictable: more anxiety, more addiction, more mistrust, more confusion, and more social breakdown.

When feelings are wounded, thinking becomes distorted. People become vulnerable to harmful media, peer influence, addictive technologies, and unhealed leadership. This creates a self-reinforcing cycle where pain is exploited and multiplied instead of healed.



The Two Cycles Shaping Human Development Today

Introduction to the Model

2) The Cycle of Support for Wellness, Balance & Harmony

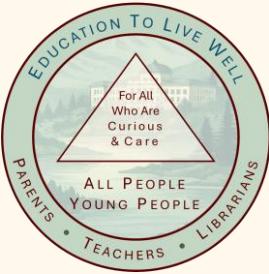
The second diagram shows the opposite possibility: a healing-centered culture that strengthens people instead of exploiting them.

At the top is the emotional turning point:
healed feelings → helpful thinking.

From that foundation, the cycle becomes upward and life-giving:

- **Helpful peers and healthy relationships**
- **Inspiring books, media, and music**
- **Wholesome technologies and nutrition**
- **Wise leaders in business and government**
- **Supportive and enlightening systems**

This cycle produces greater emotional regulation, stronger relationships, healthier habits, and wiser communities — because it is built around support rather than harm.



Healed Feelings
Helpful Thinking



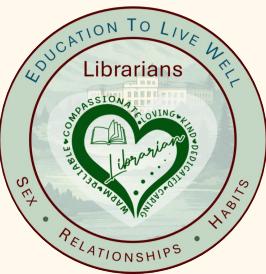
Supportive & Enlightening
Systems

Helpful Peers
Healthy Relationships

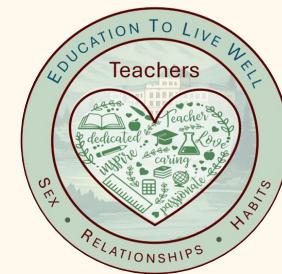
Support for
Wellness, Balance & Harmony

Wise Leaders in
Business & Government

Inspiring Books,
Media & Music



Wholesome
Technologies & Nutrition



When feelings are healed, thinking becomes clearer.

People seek wise relationships, inspiring media, wholesome technologies, supportive systems, and healthier leadership. This creates an upward cycle that strengthens wellbeing, balance, and harmony for individuals and communities.

The Two Cycles Shaping Human Development Today

Introduction to the Model

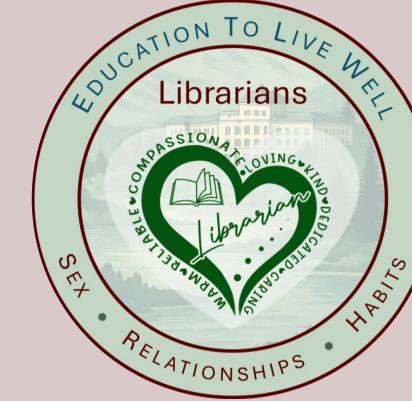
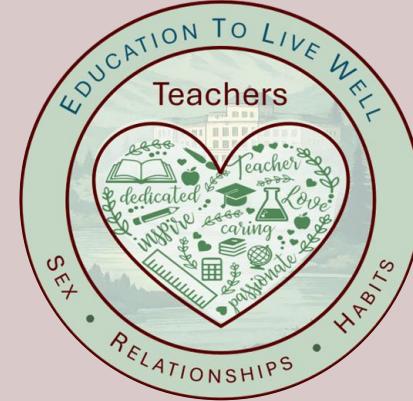
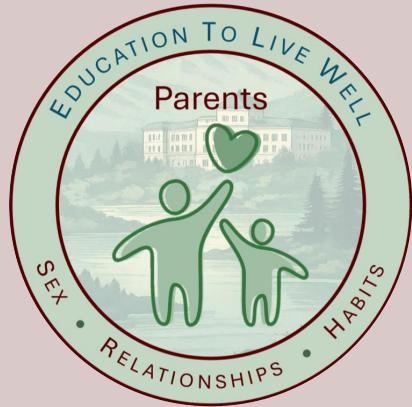
Why this matters

This model makes one uncomfortable truth visible:

We don't just have individual mental health issues.

**We have a culture and economy
that can either feed trauma — or support healing.**

The role of parents, teachers, and librarians (Primary Human Developers) is not to control everything, but to strengthen the positive cycle wherever possible, so young people grow up surrounded not by distortion, but instead by wisdom.



EDUCATION TO LIVE WELL

PRIMARY HUMAN DEVELOPERS



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Why Parents, Teachers & Librarians?

Introduction

Young people are growing up in a world that is more complex, more stimulating, and more psychologically demanding than any previous generation has faced.

Social media, online culture, hyper-sexualized content, misinformation, addiction-by-design technologies, and rising anxiety are shaping identity, relationships, and attention in ways that adults did not experience at the same age. Many caring adults feel unprepared — not because they lack love, but because the environment has changed so fast.

That is why this resource exists.



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Why Parents, Teachers & Librarians?

Introduction

Education to Live Well is a practical guide series designed to support the three most important stabilizing forces in a young person's life: **parents, teachers, and librarians** — what this guide calls *Primary Human Developers*.

These are the adults who offer emotional safety, guidance, structure, and trusted spaces for learning. And in today's culture, these three roles matter more than ever.

This resource begins with a simple reality: young people are now surrounded by powerful influences far beyond the family and classroom, including peers, media culture, social media platforms, and now artificial intelligence.
(See the "Human Influencers" map on page 8.)



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Why Parents, Teachers & Librarians?

Introduction

While we can't control every influence, we *can* strengthen the most important ones: grounded, caring adults who help young people develop **self-respect, emotional regulation, discernment, and healthy relationship skills**.

This guide is educational, trauma-aware, and respectful of diverse values.

It is grounded in care and clarity — not shame, fear, ideology, or moralizing. (See page 9.) It does not replace professional support when that is needed, and it does not tell families or communities what to believe. Instead, it offers language, perspectives, and tools that help adults guide young people through sensitive topics with steadiness, compassion, and emotional intelligence.



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Why Parents, Teachers & Librarians?

Introduction

You are not expected to read everything cover-to-cover. This series is meant to be used as a **reference and companion**, something you return to as real-life questions and moments arise. (See “How to Use” pages for parents, teachers, and librarians: pages 10, 12, and 14.)

The heart of this work is simple: **When young people are surrounded by wise adults, they develop wisdom. When they are surrounded by confusion, pressure, and harmful influence, they struggle.**

This resource exists to help the wise adults become even wiser — with support, clarity, and usable tools — so young people can live with more balance, strength, and wellbeing.



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



A Resource for Parents, Teachers & Librarians

- Parents, teachers, and librarians need an accurate, up-to-date resource to help young people navigate an increasingly complex and difficult world.
- Young people have been increasingly influenced by social media and can easily form unhealthy habits and relationships.
- **Education to Live Well** can help parents, teachers, and librarians understand how to form healthy attitudes about their relationships and habits to live well.

Primary Human Developers Parents, Teachers, Librarians

Secondary Human Influencers Grandparents and other family members

Tertiary Human Influencers Friends

Community Influencers

Social Media Influencers

Media

Culture

Artificial Intelligence



EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



What this resource is — and is not

This resource is:

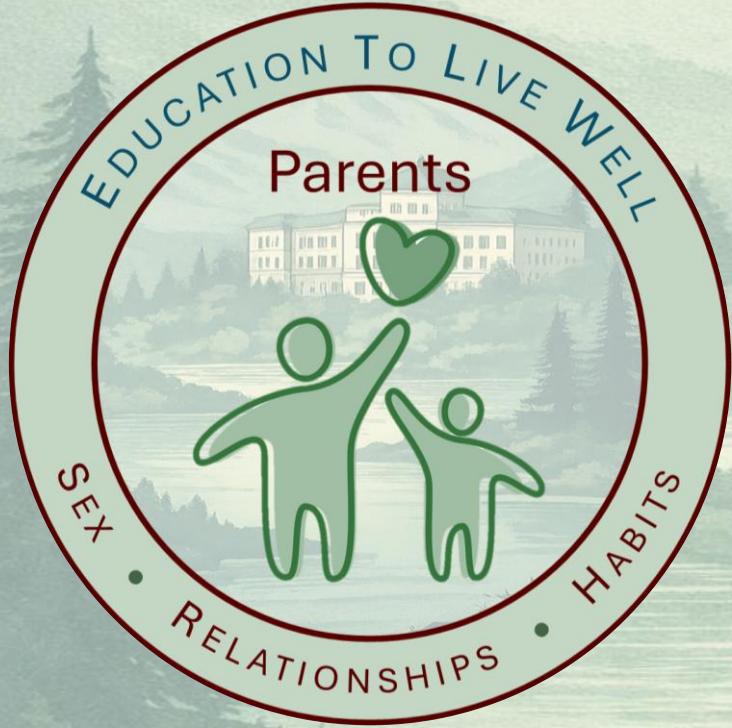
- Educational
- Trauma-aware
- Respectful of diverse values
- Grounded in care and clarity

This resource is not:

- A moral directive
- A political statement
- A substitute for professional care

EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Parents can use the *Education to Live Well Series* as:

- A **private reading companion** to clarify their own thinking
- A **conversation reference**, not a script, when questions arise
- A way to **reduce fear and shame** around sensitive topics

The material is not about control or surveillance.

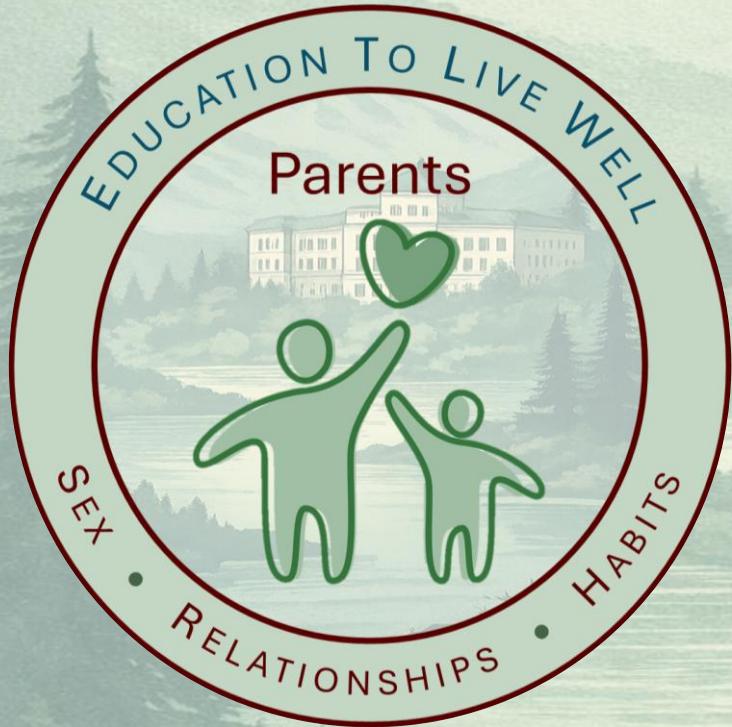
It supports parents in modeling:

- **emotional safety**
- **curiosity**
- **honest communication**

Parents may find it helpful to read selectively rather than cover-to-cover, returning to sections as real-life situations emerge.

EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians

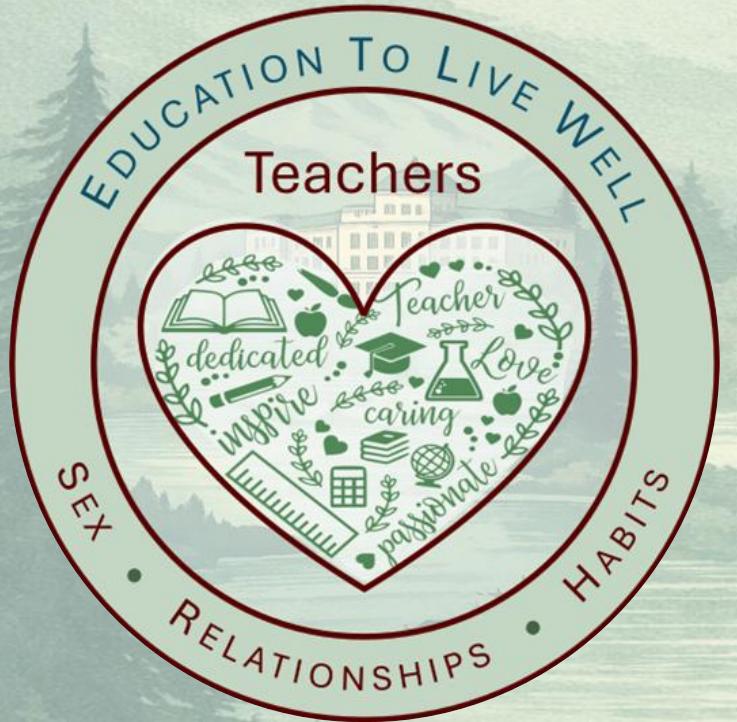


Why Parents Are Important in Young People's Lives

1. **Parents provide the earliest model of emotional safety**, shaping how children learn to trust, communicate, and regulate themselves.
2. **Parents influence everyday habits** — sleep, media use, stress responses, and care for the body — long before schools or peers do.
3. **Parents frame how young people interpret relationships**, including boundaries, respect, and conflict.
4. **Parents offer continuity**, remaining present through developmental stages when external influences change rapidly.
5. **Parents can normalize curiosity without shame**, helping young people approach sensitive topics with openness rather than fear.

EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Teachers can use the *Education to Live Well Series* as:

- A **background framework** for understanding student behavior and stress
- A supplement to social-emotional learning, media literacy, or health education
- A resource for their own well-being and professional reflection

The content is designed to complement — not replace — academic instruction.

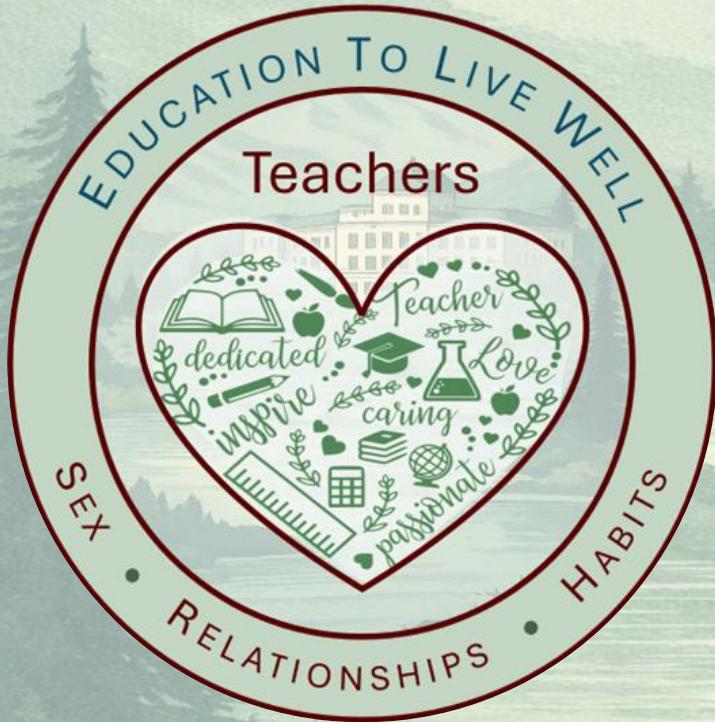
It offers language and perspective that can help educators:

- **name the underlying pressures students face**
- **support relational wellbeing**
- **foster healthier classroom climates**

No lesson plans or mandates are required.

EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians

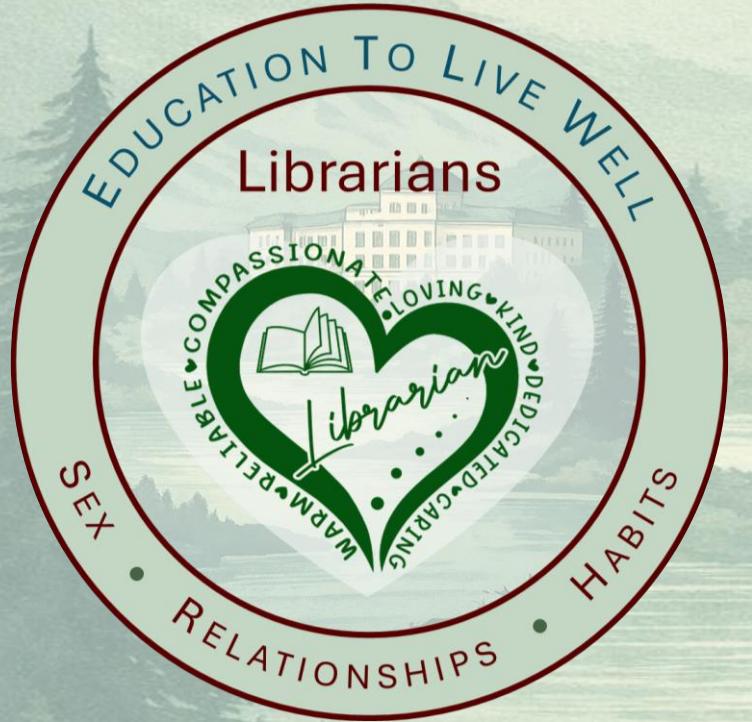


Why Teachers Are Important in Young People's Lives

- 1. Teachers observe young people in social and learning environments**, often noticing stress, withdrawal, or relational patterns that others may miss.
- 2. Teachers model respectful communication and boundaries**, especially during disagreement or confusion.
- 3. Teachers provide structure and predictability**, which supports emotional regulation and focus.
- 4. Teachers help young people develop critical thinking**, including media literacy and discernment.
- 5. Teachers can integrate care with learning**, creating classrooms where wellbeing and understanding support academic growth.

EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Librarians can use the *Education to Live Well Series* as:

- A **neutral, educational offering** in wellbeing or life-skills collections
- A resource for **community programs or guided discussions**
- A recommendation for patrons seeking thoughtful, non-ideological material

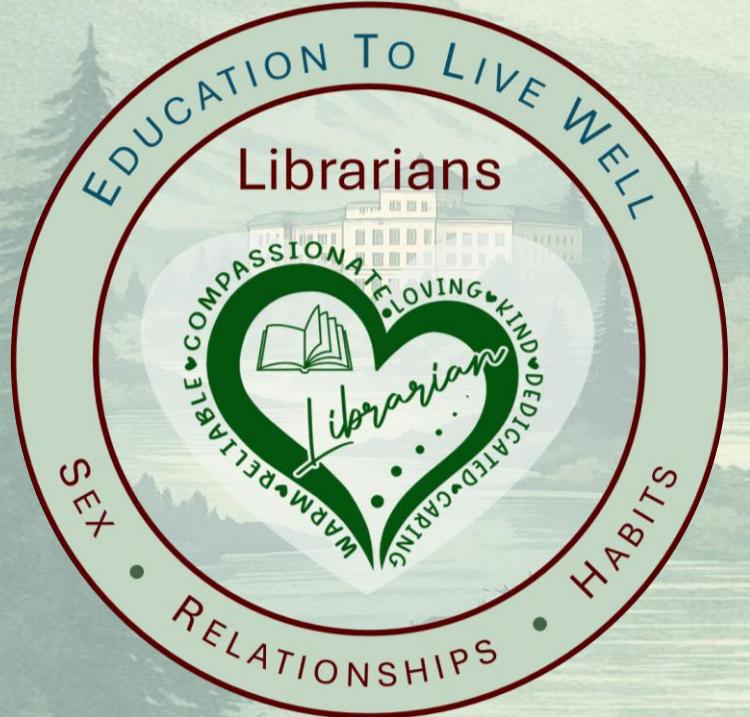
The resource aligns with libraries' roles as trusted spaces for:

- **lifelong learning**
- **media literacy**
- **community wellbeing**

It is designed to invite **reflection and conversation** rather than prescribe beliefs or behaviors.

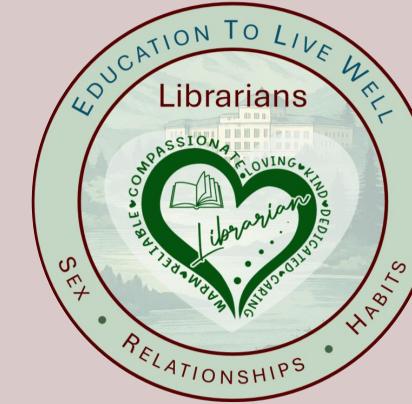
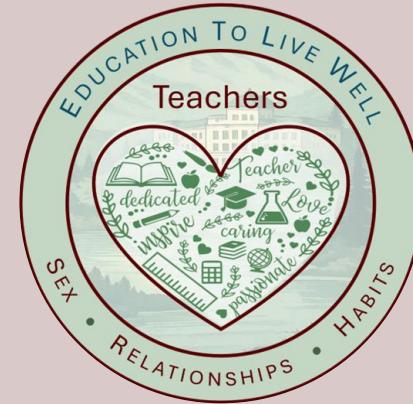
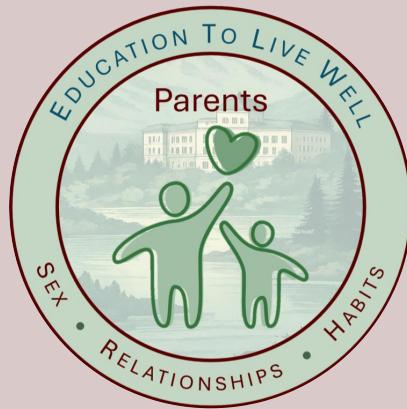
EDUCATION To LIVE WELL

Practical Guides for Parents, Teachers & Librarians



Why Librarians Are Important in Young People's Lives

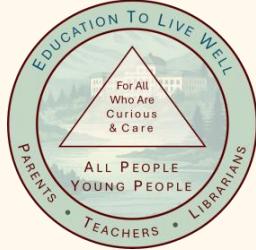
- 1. Librarians offer neutral, trusted access to information** without pressure, grading, or ideology.
- 2. Libraries provide safe spaces for self-directed learning,** reflection, and exploration.
- 3. Librarians support media literacy,** helping young people navigate misinformation and digital overwhelm.
- 4. Libraries are intergenerational spaces,** connecting youth, adults, and community resources.
- 5. Librarians curate thoughtful materials,** guiding readers toward clarity, balance, and lifelong learning



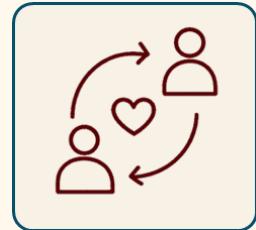
EDUCATION TO LIVE WELL

PRIMARY HUMAN DEVELOPERS
RESOURCE GUIDES

Education to Live Well - Resource Series



7 Keys to Love Opening Love's Door to Joy & Wellbeing



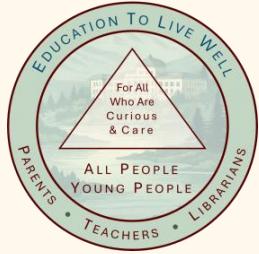
A practical and inspiring guide to the seven forms of love that strengthen emotional wellbeing and build a more peaceful life.

This resource begins with self-love as the foundation, then expands into emotional love, physical love, family love, altruistic love, creative love, and spiritual-universal love. It includes simple frameworks and charts that help readers reflect, heal, and grow, bringing more love into daily life, relationships, and community.

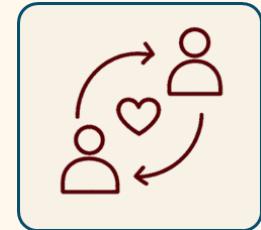
248 pages, \$9

[GET YOUR COPY HERE](#)

Education to Live Well - Resource Series



Evolving Wellbeing From Stuck Patterns → Healing → Stability → Sacred Life



A skills-based guide for real change.

A practical skills path out of shame, compulsion, and disconnection.

Many people are suffering — but they don't know what's happening to them.

They may look “fine” on the outside while feeling overwhelmed, stuck in loops, harshly self-judging, or disconnected from meaning.

This guide offers a different path to healing, skill-building, and practice.

Inside, you'll find a clear 5-stage map of human growth.

A 30-day action plan (one practice at a time)

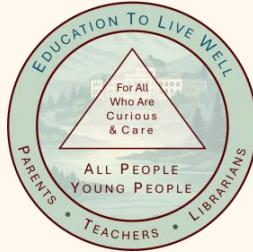
Coaching maps: why people resist change + what skills build wellbeing

A compassionate framework for real transformation.

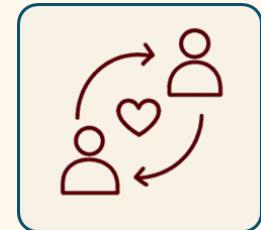
40-pages, \$7

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Education to Live Well - Resource Series



From Self-Limitation to Self-Actualization



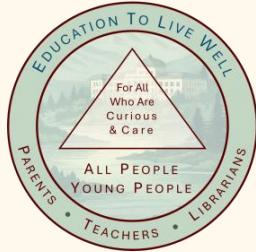
A clear, compassionate pathway for personal growth: an 8-phase progression from Self-Limitation to Self-Actualization, from trauma and disconnection, to integrity, healthy habits, purpose, meaningful relationships, and inner wisdom. It includes practical frameworks such as Trauma Self-Healing, Values & Needs, Need Satisfiers, the Johari Window, and a “Meaningful Conversations” model to help you deepen self-awareness and strengthen your relationships.

If you want a simple, visual map for moving from stuck patterns into a healthier, wiser life, this guide is a powerful place to begin.

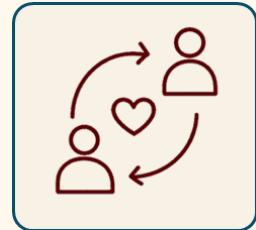
33-page PDF, \$7

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Education to Live Well - Resource Series



Sexual Media Awareness A Guide to Intimacy in the Digital Age

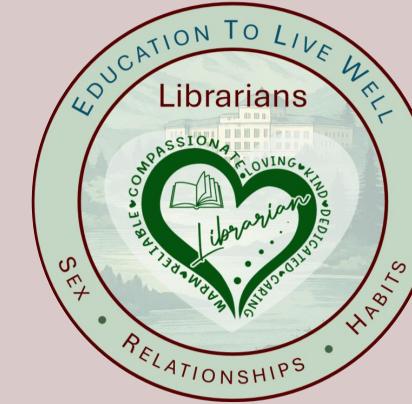
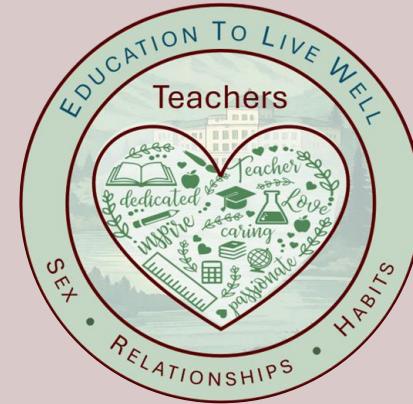
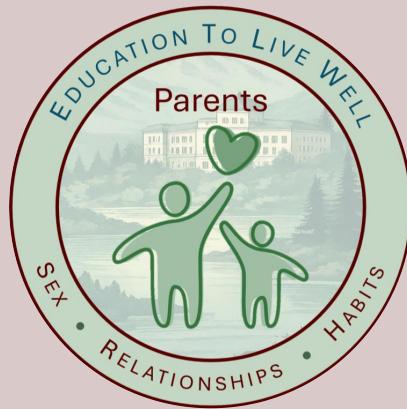


A practical, compassionate guide to understanding how modern sexual media affects the brain, attention, desire, and relationships. It explains how conditioning forms, why patterns can feel hard to change, and how stress, loneliness, and overstimulation often drive behavior more than people realize. Alongside clear science and cultural context, the guide offers simple tools to interrupt habit loops, set healthy boundaries, and gradually rebuild emotional connection and real-life intimacy.

The core message is hopeful: awareness restores choice, and intimacy can be rebuilt.

125-page PDF, \$7

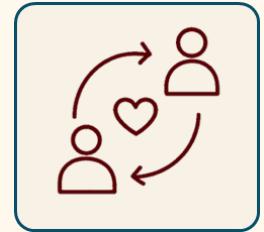
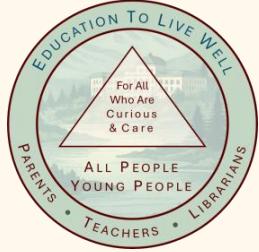
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EDUCATION TO LIVE WELL

MORE RESOURCE GUIDES
AVAILABLE SOON

Education to Live Well - Resource Series

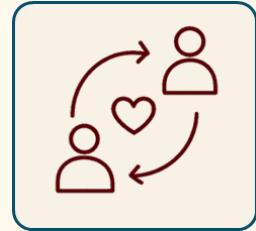
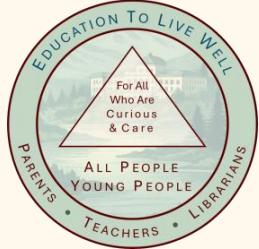


Relationships & Communication Skills

A practical, trauma-aware set of tools
to improve communication and strengthen relationships.

This resource focuses on emotional safety, listening skills, conflict repair, honesty with kindness, and speaking needs without blame or aggression. It helps couples, friends, families, and groups learn how to communicate with more empathy, clarity, and respect, even during difficult conversations.

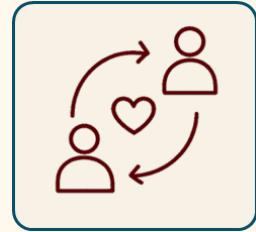
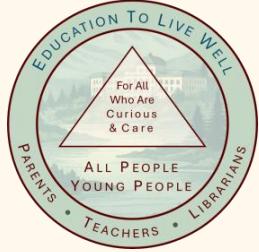
Education to Live Well - Resource Series



Healthy Habit Improvement

A supportive resource designed to help people break unhelpful patterns and build healthier daily habits that truly last. It explores how habits form, why motivation isn't enough, and how to work with the nervous system to create real change. Includes practical tools for reducing compulsions, strengthening self-discipline without harshness, and building steadier routines for wellbeing and life balance.

Education to Live Well - Resource Series



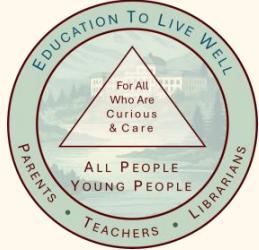
Self-Compassion, Self-Kindness & Self-Care

A healing-centered resource for anyone tired of self-judgment, inner pressure, and never feeling “good enough.”

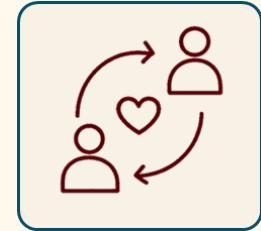
It helps readers develop a kinder inner voice, reduce shame, rebuild emotional strength, and learn self-care as a real practice.

Designed for anyone who wants to feel more self-appreciation balance and emotional harmony.

Education to Live Well - Resource Series



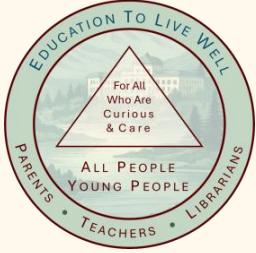
Wisdom & Meeting the Wise One Within



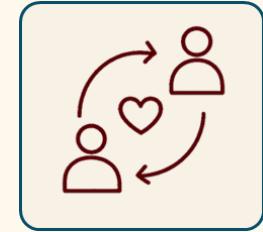
A reflective and empowering resource
to help people develop inner guidance, wisdom, and deeper self-trust.

It strengthens the ability to pause, sense what matters most,
reflect clearly, and act with integrity. This work supports people who feel
overwhelmed by modern chaos and want to live from their deeper values,
meaning, and a wiser perspective. A simple practice for accessing
your inner wisdom — anytime.

Education to Live Well - Resource Series



Creative Collaboration: At Home, Work & In the Community



A practical resource for unlocking the creative potential already in groups — the ideas, insights, and solutions that never surface because collaboration feels risky, time-consuming, or “not rewarded.”

Many workplaces use collaboration tools, but they don’t build collaborative intelligence — the ability to think together, disagree safely, and turn differences into breakthroughs. Groups can discover new shared insights, strengthen trust, reduce friction, and turn hidden perspectives into creative action, improving collaboration and co-creation at home, at work, and in the community.

A landscape painting featuring a large, calm lake in the foreground. In the middle ground, there are rolling green hills and mountains. On the right side, a white, multi-story building with a prominent green dome is situated among tall evergreen trees. The sky is a pale, hazy blue.

About

ABOUT



Sandy Hinden has developed and facilitated more than 200 interactive sessions locally and online on habit improvement, meditation, meaning and purpose, wellbeing, communication, empathy, leadership, and community improvement.

Sandy's work centers on helping people connect more deeply with themselves, each other, and the larger world through kindness, wisdom, and dialogue. He is the founder of EducationToLiveWell.org (2025) and *7 Keys to Love* (2009), and the founder of Wisocracy.org (2022).

His work spans five decades and continents, facilitating transformational programs for UN initiatives, Rotary-related groups, NGOs, educational institutions, and civic organizations.

He has worked as Program Director for Suffolk Community Council, a fundraiser for the Boys & Girls Club and Central Suffolk Hospital, and Executive Director for the Dix Hills Performing Arts Center.

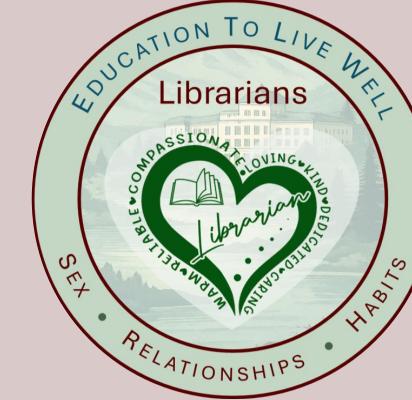
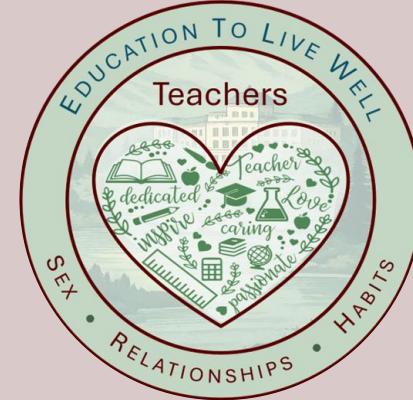
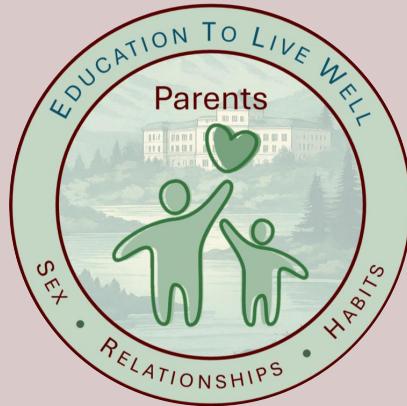
He is the author of multiple works on personal growth, leadership transformation, and systemic reform, and a catalyst for global movements in civic education, peacebuilding, and sustainable governance.

Sandy Hinden

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