

# I Feel Sad Your Emotions

I Feel Sad Why do I feel sad today? Penguin

Encourage little ones to explore their feelings with this ideal introduction to key emotions: Anger, Pride, Happiness, and Sadness. It is often difficult for children, and adults, to articulate their emotions and to understand why they act the way they do. This colorful illustrated board book encourages pre-schoolers to understand what is happening in their body when they feel happy or sad, and how strong feelings can shape their actions. Fun characters illustrate each emotion, from a little flame representing Anger to a sparkly star for Pride, and simple text is ideal for reading aloud. Discusses a variety of emotions girls might experience and suggests ways of dealing with them.

Discover the best way to Master Your Emotions and develop true Emotional Intelligence! Are you tired of letting your emotions get the better of you? Are you sick of feeling overwhelmed by your emotions when you know you should have the strength to control yourself? Emotional intelligence has become an essential quality in our modern society. However, in such a noisy world, it seems like mastering your emotions is something only accessible to a selected few. Well, the truth is that it doesn't have to be this way. Discovering how to master your emotions can be done extremely efficient if you take the right approach. In this book you will discover: - What our emotions actually

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are and what core emotions are responsible for everything we feel. - The importance of discovering your emotional map and how you can use it to improve your state of being. - When and if you should control your emotions or just be in the moment with them. - The dangers we face if we leave our emotions unchecked. An easy to follow book structure where we take one emotion at a time. - Clear step by step guidelines and scenarios which you can relate to and allow you to understand each emotion that much better. - A bonus chapter which will cover the emotion most people tend to overlook. I'm going to be honest with you...mastering your emotions is no easy task. However, the benefits of developing high emotional intelligence are immense. This book discusses one emotion per chapter. This will keep you from getting overwhelmed and will allow you to progress at your own speed. Nothing will be left to guesswork and you will be armed with the knowledge required to master every emotion for the rest of your life. The journey to self-improvement must begin with self-acknowledgment. It might sound scary but there is no other way. If you have the courage to start this journey and discover how to never let your emotions get the better of you, then scroll up and Order Now!

The flame character, Anger, is here to teach your little ones how to recognize this strong emotion and name their feelings. This adorable book uses red mist and exploding balloons to show how it feels to be angry. It explains what happens in the brain in uncomplicated terms, perfect for young children. Learn how anger affects the body, like breathing harder and having a faster heartbeat. This brightly illustrated board

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book is a gentle and simple introduction to strong emotions. The Anger character evokes the feelings that small children have experienced, but might not have the words for just yet. Help them understand what these emotions are and that everyone feels them sometimes. The book also includes tips and tricks to control anger, which kids can practice whenever something upsets them. The easy language makes for fun and educational reading time. This helps children with language, vocabulary, and talking about their emotions, especially if they have difficulty expressing feelings. Let the Anger character help your toddler answer difficult questions with simple explanations. Why Do I Feel Angry Today? This fantastic kids' feelings guide includes: - Easy-to-understand descriptions of the key emotion: Anger - Easy-to-read text that encourages vocabulary building - Beautiful illustrations that will engage preschoolers The little flame Anger from this delightful book has friends! Look out for sunshine in I Feel Happy, the raincloud in I Feel Sad, the little star in I Feel Proud and all of them together in How Do I Feel? Cartoons illustrate suggestions for cheering oneself up, including playing pinball, eating ice cream, throwing a tea party, and flying a kite Drawing on what hard science says about the factors that breed happiness in childhood and beyond, here are 10 simple principles for fostering the skills and habits that will set the stage for optimism, emotional health, and confidence for kids. Encourage little ones to explore their feelings with this ideal introduction to key emotions: Anger, Pride, Happiness, and Sadness. It is often difficult for children, and

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adults, to articulate their emotions and to understand why they act the way they do. This colorful illustrated ebook encourages pre-schoolers to understand what is happening in their body when they feel happy or sad, and how strong feelings can shape their actions. Fun characters illustrate each emotion, from a little flame representing Anger to a sparkly star for Pride, and simple text is ideal for reading aloud. The characters Happiness, Anger, Sadness and Pride are here to teach your little one how to manage their emotions. Kids come with a full spectrum of emotions, some of which are too big to keep inside. Every child handles their feelings differently. Learning to deal with them is an important part of growing up. This collection of board books teaches kids how to recognize their emotions. This colorful collection of illustrated books covers a range of emotions that small children experience daily. They just might not fully understand their feelings or have the words for them yet. Each book in this series features fun characters that illustrate a specific emotion. Discover the smiling sunshine that represents Happiness and the twinkly star that represents Pride. This set of educational books will help your child understand what different emotions are, and that everyone feels this way sometimes. It also encourages emotional development. In I Feel Sad, the little raincloud shows young children that being sad is okay, and how to stop this feeling from getting too big. In I Feel Angry, the little flame

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tells kids the best way to deal with this big feeling, and what happens in the body when we get angry. The simple text is ideal for reading aloud and makes reading time fun and educational. This set of adorable picture books will help your child with language development, vocabulary building and talking about their emotions. Let the cute characters help your toddler discover the simple answers to difficult questions about feelings. My Little Guide to Big Emotions This collection of preschool books is the ideal children's gift and makes a great addition to any bookshelf. This bright box set from DK Books includes five board books: - How Do I Feel? - I Feel Happy - I Feel Angry - I Feel Sad - I Feel Proud. These books are also available individually. Look out for Sunshine in I Feel Happy, Raincloud in I Feel Sad, Flame in I Feel Angry and the little Star in I Feel Proud.

#1 New York Times Bestseller Winner of the 2014 Living Now Book Award for Inspirational Memoir "An enormously smart, clear-eyed, brave-hearted, and quite personal look at the benefits of meditation." —Elizabeth Gilbert Nightline anchor Dan Harris embarks on an unexpected, hilarious, and deeply skeptical odyssey through the strange worlds of spirituality and self-help, and discovers a way to get happier that is truly achievable. After having a nationally televised panic attack, Dan Harris knew he had to make some changes. A lifelong nonbeliever, he found himself on a bizarre adventure involving a disgraced pastor, a

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mysterious self-help guru, and a gaggle of brain scientists. Eventually, Harris realized that the source of his problems was the very thing he always thought was his greatest asset: the incessant, insatiable voice in his head, which had propelled him through the ranks of a hypercompetitive business, but had also led him to make the profoundly stupid decisions that provoked his on-air freak-out. Finally, Harris stumbled upon an effective way to rein in that voice, something he always assumed to be either impossible or useless: meditation, a tool that research suggests can do everything from lower your blood pressure to essentially rewire your brain. *10% Happier* takes readers on a ride from the outer reaches of neuroscience to the inner sanctum of network news to the bizarre fringes of America's spiritual scene, and leaves them with a takeaway that could actually change their lives.

What does it mean to be sad? It's normal for people to feel down sometimes. Learn what it feels like, what causes it, and how to turn sad feelings into happy ones. Big, diverse photos illustrate what sadness looks like. A mindfulness activity will give children the chance to practice managing their emotions. Cute photographs of animals showing emotion, combined with simple text, explains to children how to understand and deal with their own emotions. Coming across emotions for the first time, children might think they are the only ones to

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feel this way. These books will help children to understand that feelings and emotions are universal and that they needn't be overwhelming. With the help of fun photographs of animals showing their emotions, children will start to recognise the different types of emotion and learn easy ways to manage them. The titles in the Tame Your Emotions series are great for sharing with children and encouraging them to talk about their emotions. By talking through their feelings, children will gain confidence and boost their self-esteem, being able to understand and take more control of their behaviour. Each book contains notes for parents and teachers with suggestions for ideas and activities to develop a deeper understanding. They support the Personal, Social and Emotional Development Area of Learning in the Early Years Foundation Stage and are also suitable for use with KS1 children.

Why do I feel sad today? Sometimes it feels as if there are big grey clouds everywhere. Sadness is not a nice feeling. Learn about how sadness feels, why it happens in our bodies, and how to stop it getting too big.

Illustrations and simple, rhyming text provide young children with tools for dealing with feelings of sadness, such as talking about what is wrong, crying, or doing something creative.

First published in 2001. Routledge is an imprint of Taylor & Francis, an informa

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company.

#1 Wall Street Journal Best Seller USA Today Best Seller Amazon Best Book of the Year TED Talk sensation - over 3 million views! The counterintuitive approach to achieving your true potential, heralded by the Harvard Business Review as a groundbreaking idea of the year. The path to personal and professional fulfillment is rarely straight. Ask anyone who has achieved his or her biggest goals or whose relationships thrive and you'll hear stories of many unexpected detours along the way. What separates those who master these challenges and those who get derailed? The answer is agility—emotional agility. Emotional agility is a revolutionary, science-based approach that allows us to navigate life's twists and turns with self-acceptance, clear-sightedness, and an open mind. Renowned psychologist Susan David developed this concept after studying emotions, happiness, and achievement for more than twenty years. She found that no matter how intelligent or creative people are, or what type of personality they have, it is how they navigate their inner world—their thoughts, feelings, and self-talk—that ultimately determines how successful they will become. The way we respond to these internal experiences drives our actions, careers, relationships, happiness, health—everything that matters in our lives. As humans, we are all prone to common hooks—things like self-doubt, shame,



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sadness, fear, or anger—that can too easily steer us in the wrong direction. Emotionally agile people are not immune to stresses and setbacks. The key difference is that they know how to adapt, aligning their actions with their values and making small but powerful changes that lead to a lifetime of growth. Emotional agility is not about ignoring difficult emotions and thoughts; it's about holding them loosely, facing them courageously and compassionately, and then moving past them to bring the best of yourself forward. Drawing on her deep research, decades of international consulting, and her own experience overcoming adversity after losing her father at a young age, David shows how anyone can thrive in an uncertain world by becoming more emotionally agile. To guide us, she shares four key concepts that allow us to acknowledge uncomfortable experiences while simultaneously detaching from them, thereby allowing us to embrace our core values and adjust our actions so they can move us where we truly want to go. Written with authority, wit, and empathy, *Emotional Agility* serves as a road map for real behavioral change—a new way of acting that will help you reach your full potential, whoever you are and whatever you face. Ben, a very helpful boy, demonstrates how being kind to other people can change sadness to happiness, in a book with a story for children to retell and suggestions for parents.

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A TikTok sensation, this rom-com about a young woman who agrees to fake date a colleague and bring him to her sister's wedding has "everything you could want in a romance" (Helen Hoang, New York Times bestselling author). Catalina Martín desperately needs a date to her sister's wedding. Especially since her little white lie about her American boyfriend has spiralled out of control. Now everyone she knows—including her ex and his fiancée—will be there and eager to meet him. She only has four weeks to find someone willing to cross the Atlantic and aid in her deception. New York to Spain is no short flight and her raucous family won't be easy to fool. Enter Aaron Blackford—her tall, handsome, condescending colleague—who surprisingly offers to step in. She'd rather refuse; never has there been a more aggravating, blood-boiling, and insufferable man. But Catalina is desperate, and as the wedding draws nearer, Aaron looks like her best option. And she begins to realize he might not be as terrible in the real world as he is at the office.

We live in an age when reality TV shows climax in a tearful finale. But feeling sad - genuinely sad - is still taboo. Yet, sadness happens to us all, sometimes in heartbreakingly awful ways. If we don't know how to be sad, it can be isolating for those experiencing it and baffling for those trying to help others through dark times.

The mental well-being of children and adults is shockingly poor. Marc Brackett, author of *Permission to Feel*, knows why. And he knows what we can do. "We have a crisis on our hands, and its victims are our children." Marc Brackett is a professor in Yale

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University's Child Study Center and founding director of the Yale Center for Emotional Intelligence. In his 25 years as an emotion scientist, he has developed a remarkably effective plan to improve the lives of children and adults – a blueprint for understanding our emotions and using them wisely so that they help, rather than hinder, our success and well-being. The core of his approach is a legacy from his childhood, from an astute uncle who gave him permission to feel. He was the first adult who managed to see Marc, listen to him, and recognize the suffering, bullying, and abuse he'd endured. And that was the beginning of Marc's awareness that what he was going through was temporary. He wasn't alone, he wasn't stuck on a timeline, and he wasn't "wrong" to feel scared, isolated, and angry. Now, best of all, he could do something about it. In the decades since, Marc has led large research teams and raised tens of millions of dollars to investigate the roots of emotional well-being. His prescription for healthy children (and their parents, teachers, and schools) is a system called RULER, a high-impact and fast-effect approach to understanding and mastering emotions that has already transformed the thousands of schools that have adopted it. RULER has been proven to reduce stress and burnout, improve school climate, and enhance academic achievement. This book is the culmination of Marc's development of RULER and his way to share the strategies and skills with readers around the world. It is tested, and it works. This book combines rigor, science, passion and inspiration in equal parts. Too many children and adults are suffering; they are ashamed of their feelings and

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emotionally unskilled, but they don't have to be. Marc Brackett's life mission is to reverse this course, and this book can show you how.

Davey the elephant feels sad - his trunk is droopy, a tear rolls down his face. Toddlers will love discovering how Davey navigates feeling sad and how to effectively communicate this emotion. This elephant-shaped board book is entertaining and playful and sturdy enough to withstand the wear and tear of a toddler's active lifestyle. The Clever Emotions series feature the most common early emotions and are a perfect learning tool to assist children approaching emotional milestones.

Young children experience many confusing emotions in their early years and I feel Angry looks at the emotion anger, in light-hearted but ultimately reassuring way. This picture book examines how and why people get angry, illustrates scenarios of people behaving angrily, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with anger. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

A thoughtful, gleeful encyclopedia of emotions, both broad and outrageously specific, from throughout history and around the world. How do you feel today? Is your heart fluttering in anticipation? Your stomach tight with nerves? Are you falling in love? Feeling a bit miffed? Do you have the heebie-jeebies? Are you antsy with iktsuarpok or filled with nakhes? Recent research suggests there are only six basic emotions. But if

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that makes you feel uneasy, suspicious, and maybe even a little bereft, *The Book of Human Emotions* is for you. In this unique book, you'll get to travel across the world and through time, learning how different cultures have articulated the human experience and picking up some fascinating new knowledge about yourself along the way. From the familiar (anger) to the foreign (zal), each entertaining and informative alphabetical entry reveals the surprising connections and fascinating facts behind our emotional lives. Whether you're in search of the perfect word to sum up that cozy feeling you get from being inside on a cold winter's night, surrounded by friends and good food (what the Dutch call *gezelligheid*), or wondering how nostalgia evolved from a fatal illness to enjoyable self-indulgence, Tiffany Watt Smith draws on history, anthropology, science, art, literature, music, and popular culture to find the answers. In reading *The Book of Human Emotions*, you'll discover feelings you never knew you had (like *basorexia*, the sudden urge to kiss someone) and gain unexpected insights into why you feel the way you do. Besides, aren't you curious what *nginyiwarrarringu* means?

Do you want to know how to master your emotions? Your Customers Never Stop Use this Awesome book! In this collection, you can find the most effective audiobooks for helping you gain control over your life and mind and improving your self-esteem, your self-control, and your relationships. In this collection, you will find: Emotional intelligence can easily be understood as the ability of an individual to identify, understand, use, and control emotions. A person who has high emotional intelligence

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has various advantages in the current life. Empathy is connection on a deeply personal level. How to talk to anyone: In the art of effective conversation as well as public speaking, it is imperative to take an interest in the person or persons you are talking to, know what they like and what they don't like, and learn what interests them. Overthinking: The point of view is a necessary piece of our mind. Be that as it may, it turns into an issue when we are a casualty of overthinking. Beating over-the-top musings requires an activity plan. If you need to quit overthinking, you have to discover direct systems that work and rehash them until they become natural. Are you excited? Look no more! Buy it Now and let your customers get addicted to this amazing book! If you are looking for a complete guide for improving your social skills, and boost your emotional level, then keep reading... Hello, how are you feeling today? How often do we ask ourselves this question? How often do we ask this question of others? The latter is the easier option, and very rarely do we stop to process the way we feel. Even if we were to ask ourselves that question, would you be able to tell what emotional state you're currently in with accuracy? Are you happy? Sad? Overwhelmed? Frustrated? Nervous? Excited? Anxious? What if you felt several emotions at once? What do all these emotions mean? Where does it come from? Why do we feel the way that we do? So many questions stem from that one, simple word we call emotions. Emotions are characterized as the physiological state we undergo that is generated on a subconscious level. Emotions are the way our bodies respond autonomously to the

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internal or external events that trigger this reaction. When you feel an emotion, it is often directed at something, someone, or because of something that happened. When you experience fear, there is a reason for it. That emotion was triggered by someone, directed towards an object or because of an experience you're faced with. Emotions can best be described as intense feelings you that situations which could be real or imagined. This is your brain's way of letting you know that something has been identified in your environment, and your body will produce the accompanying emotional response to that trigger. Strictly related to emotions are Social Skills, which are underrated. To function effectively in society, you need this skill to interact. Unfortunately, despite its importance, we seem to be losing the ability to socialize instead of learning how to improve it. Developing the necessary social skills needed is no longer just an option. It is a necessity. To be a part of most social groups, you need this skill. As addictive as your digital devices and the world of social media is, you still need to belong to a social group if you hope to minimize loneliness and isolation. Having great social skills can significantly work to your advantage. This book covers the following topics: - What are emotions?- Advantages of mastering emotions- Emotional intelligence introduction- Self-awareness- Embrace positive thinking, living a more positive life- Anger, negativity, and stress- What is anger management; tips and strategies for anger management- Why people have a bias towards negativity- How to overcome negativity and stress- Definition of social skills- The process of improving

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social skills- What are the benefits in social life? Which skills matters to improve? ...And much more! What are you waiting for? Don't wait anymore, press the buy now button and get started.

Young children experience many confusing emotions in their early years and I feel Sad looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with being sad. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

For everyone who loved You Are a Badass and The Subtle Art of Not Giving a F\*ck -- a cut-through-the-crap guide to quitting the self-destructive habits that undermine happiness and success How to Stop Feeling Like Sh\*t is a straight-shooting approach to self-improvement for women, one that offers no-crap truth-telling about the most common self-destructive behaviors women tend to engage in. From listening to the imposter complex and bitchy inner critic to catastrophizing and people-pleasing, Andrea Owen -- a nationally sought-after life coach -- crystallizes what's behind these invisible, undermining habits. With each chapter, she kicks women's gears out of autopilot and empowers them to create happier, more fulfilling lives. Powerfully on-the-mark, the chapters are short and digestible, nicely bypassing weighty examinations in favor of



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punch-points of awareness.

The Mood Journal is designed to help you trace and monitor your feelings -- and if you stick to it and use it correctly, you can begin to get around your own defenses. This may not feel good at first, but the benefit is that after a few weeks you become more aware of your feelings and the things that upset you -- one of the first steps in overcoming depression. -Product Measures: 6" x 9"(15.24x 22.86 cm) -Cover: Durable Matte Paperback. Binding: Professional grade binding (Paper back retail standard) -100 pages of dense white paper to reduces ink bleed-through This will make the perfect gift for friends and families Get Your Copy Today!

Feeling sad is a natural part of life. This colorful ebook guides young children through sadness with the help of cute illustrated characters. I Feel Sad helps young children understand sadness, describing possible reasons why they might get sad, the different ways sadness looks from the outside, and what to do if you want to stop feeling sad. Adults and children can read along as they follow the story of a little rain cloud who feels down in the dumps and finds ways to cheer themselves up again. Questions such as "Think of some things to say to yourself that make you feel happy" turn the ebook into a fun, interactive experience. Fun cartoon characters and simple text make I Feel Sad a perfect first ebook for every young child to enjoy.

Too many guys of all ages have only about half the information they need to live successful professional and personal lives. Most men are terrific with their thinking

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half--the part that deals with facts, figures, and information. Nothing's Wrong helps men find the half that's missing--the emotional half. Men have long been conditioned to conceal a full range of emotions, including sadness, anxiety, and worry. Author David Kundtz shows men how to identify and express whatever they're feeling in a healthy way and to learn to be comfortable with the feelings of others. He provides the tools and language with which men can access and express deep, vibrant, emotional lives. Written for males, from teenagers to grandfathers, Nothing's Wrong liberates men so that their jobs and relationships can flourish and they can find new, lasting success in life, in the ways that really count. Kundtz helps men become skilled and confident with the emotional part of life with a variety of stories, simple-to-do exercises, and a three-step, daily practice for emotional fitness: 1. Notice the feeling and stay with it. 2. Name the feeling. 3. Express the feeling to the outside world. Written in a matter-of-fact, non-touchy-feely style, Nothing's Wrong helps men manage their feelings to build rich, emotional lives and find more satisfying relationships, improved health, and successful careers. Try it--the results can be amazing! Here's a book that truly acknowledges the bewildering effects strong emotions have on men and how men can learn to deal with them. Its plain language and examples are far from the touchy-feely tone of so many other titles in this category.

Encourage little ones to explore their emotions and discover exactly what makes them happy in this board book for young children. I Feel Happy is the ideal ebook to help

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children understand how happiness works for them. It is often difficult for children, and adults, to articulate their emotions and to understand why they act the way they do. This bright and colorful ebook encourages adults and children to read together and gain a deeper understanding of the different ways that happiness can look from the outside, how happiness occurs in the brain, and what makes you happy. Fun illustrations and minimal text make this the perfect first ebook for young children to enjoy. I Feel Happy allows children to begin to understand their emotions and think consciously about what makes them happy.

A GOOD MORNING AMERICA BOOK CLUB PICK "An intense psychological drama that will be embraced by serious book clubs and fans of Lionel Shriver's *We Need to Talk about Kevin*." —Kristin Hannah, #1 New York Times bestselling author "A poetic, propulsive read that set my nerves jangling." —Lisa Jewell, #1 New York Times bestselling author of *Then She Was Gone* A tense, page-turning psychological drama about the making and breaking of a family—and a woman whose experience of motherhood is nothing at all what she hoped for—and everything she feared Blythe Connor is determined that she will be the warm, comforting mother to her new baby Violet that she herself never had. But in the thick of motherhood's exhausting early days, Blythe becomes convinced that something is wrong with her daughter—she doesn't behave like most children do. Or is it all in Blythe's head? Her husband, Fox, says she's imagining things. The more Fox dismisses her fears, the more Blythe begins

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to question her own sanity, and the more we begin to question what Blythe is telling us about her life as well. Then their son Sam is born—and with him, Blythe has the blissful connection she'd always imagined with her child. Even Violet seems to love her little brother. But when life as they know it is changed in an instant, the devastating fall-out forces Blythe to face the truth. *The Push* is a tour de force you will read in a sitting, an utterly immersive novel that will challenge everything you think you know about motherhood, about what we owe our children, and what it feels like when women are not believed.

This baby is happy. Can you make a happy face? Find the happy baby! This bold, beautiful board book features six essential facial expressions: happy, sad, angry, surprised, silly, and sleepy. The idea is simple: Show a large, establishing image of a baby's face, then children making the same face, then ask the reader to find that baby among several other faces. The very last spread includes all of the baby faces and a mirror so babies can watch themselves make every face imaginable.

One day, *Colour Monster* wakes up feeling very confused. His emotions are all over the place; he feels angry, happy, calm, sad and scared all at once! To help him, a little girl shows him what each feeling means through colour. A gentle exploration of feelings for young and old alike.

"Sometimes you feel happy. Sometimes you feel sad. Sometimes you don't know how you feel. You feel lots of different things all day long. Talk about your feelings and learn

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how to deal with them"--

When Sadness arrives, try not to be afraid: give it a name, listen to it and spend some time together. Maybe all it wants is to know that it's welcome. This beautiful debut by author-illustrator talent Eva Eland takes a poignant but uplifting look at dealing with sadness.

Dr. Stevens' research identifies specific learnable beliefs and skills--not general, inherited traits--that cause people to be happy and successful.

Introduces anger, describes why it is okay to feel angry, and provides alternative solutions to help alleviate anger.

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