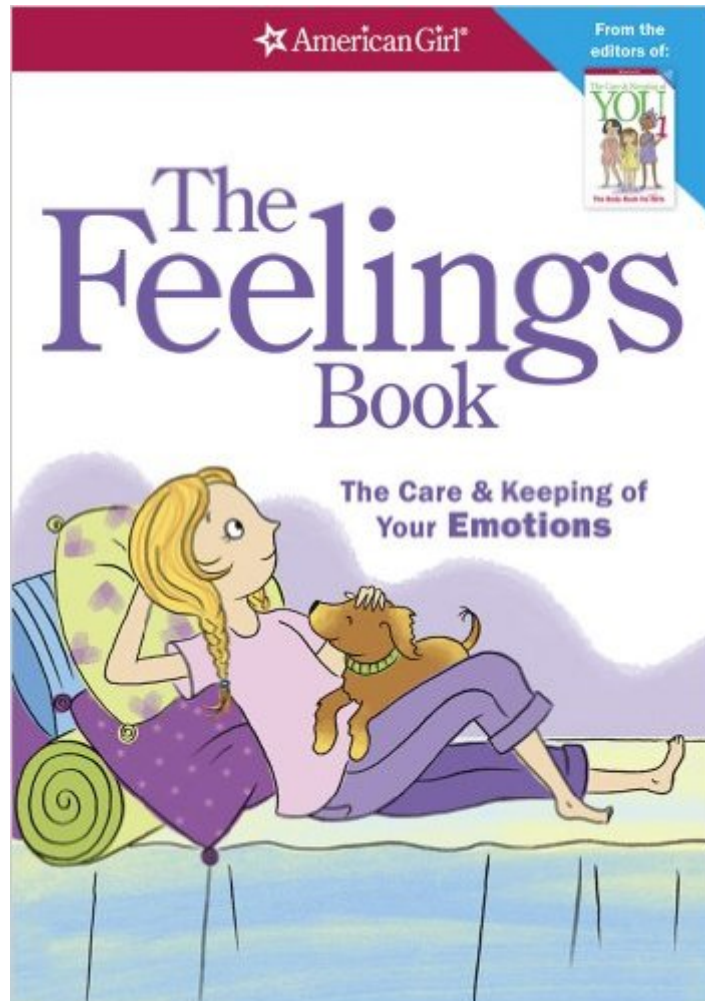


The book was found

The Feelings Book (Revised): The Care And Keeping Of Your Emotions



Synopsis

This invaluable companion to *The Care & Keeping of You* received its own fresh update! The *Feelings Book* will help you understand your emotions, and deal with them in positive ways. You'll get tips on how to express your feelings and stay in control, plus get sensitive advice on handling fear, anxiety, jealousy, and grief. Learn how to stay in the driver's seat of your own emotions!

Book Information

Paperback: 104 pages

Publisher: American Girl; Updated edition (February 26, 2013)

Language: English

ISBN-10: 1609581830

ISBN-13: 978-1609581831

Product Dimensions: 5.5 x 0.3 x 7.8 inches

Shipping Weight: 13.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (407 customer reviews)

Best Sellers Rank: #418 in Books (See Top 100 in Books) #8 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#) #9 in [Books > Medical Books > Psychology > General](#) #37 in [Books > Children's Books > Growing Up & Facts of Life > Family Life](#)

Age Range: 8 - 11 years

Grade Level: 3 - 6

Customer Reviews

After reading "The Care & Keeping of You 1: The Body Book for Younger Girls" with my 9-year-old daughter, I had really high hopes for this book. It was good, but I'm afraid it wasn't everything that I had hoped for. It's worth noting that this book briefly mentions PMS, so it's probably best read after a book like "The Care & Keeping of You 1: The Body Book for Younger Girls", which introduces the concept of menstruation. On the plus side, the book helps to normalize the many emotions a growing girl might be feeling. I like that it is explicit about how your emotions will affect your behavior, and your behavior will affect how other people react to you. You need to make sure you are exhibiting the actual emotions you feel; if you just act angry, other people - and yourself - won't understand or address the actual emotions you may be feeling, which may be embarrassment, disappointment, or shame. The book has several chapters talking about emotions in general. Specific emotions are addressed in the following sections: I'm Scared I Feel Anxious I'm So Jealous I've Been

Disrespected I'm Angry I'm Lonely I'm Really Sad I'm Grieving I Don't Feel Safe Much of the book is formatted like an advice column, with questions outlining particular scenarios and answers providing specific tips and strategies. In many ways, the Q & A format was a good thing, because it made a lot of the emotions seem relatable. There were common scenarios like, "I'm scared to sleep alone at night," "I'm jealous that my sister is in my cousin's wedding, but I'm not," and "My parents are divorced, and every time I stay with one of them, I miss the other one."

[Download to continue reading...](#)

The Feelings Book (Revised): The Care and Keeping of Your Emotions Your Emotions, Yourself: A Guide to Your Changing Emotions (Your Body, Your Self Book) MATERNAL EMOTIONS: A Study of Women's Feelings Toward Menstruation, Pregnancy, Childbirth, Breast Feeding, Infant Care, and Other Aspects of Their Femininity Maternal Emotions : A Study of Women't Feelings Toward Menstruation, Pregnancy, Childbirth, Breast feeding, Infant Care, and Other Aspects of Their Femininity The Astonishing Power of Emotions: Let Your Feelings Be Your Guide My Book Full of Feelings: How to Control and React to the Size of Your Emotions Living Beyond Your Feelings: Controlling Emotions So They Don't Control You Feelings and Faith: Cultivating Godly Emotions in the Christian Life Deliver Me From Negative Emotions: Controlling Negative Emotions and Finding Peace In The Midst of Storms (Negative Self Talk Book 2) Cats: Cat Care- Kitten Care- How To Take Care Of And Train Your Cat Or Kitten (Cat Care, Kitten Care, Cat Training, Cats and Kittens) Healing Emotions: Conversations with the Dalai Lama on Mindfulness, Emotions, and Health Dogs: Dog Care- Puppy Care- How To Take Care Of And Train Your Dog Or Puppy (Dog Care, Puppy Care, Dog Training, Puppy Training) Self-Regulation Interventions and Strategies: Keeping the Body, Mind & Emotions on Task in Children with Autism, ADHD or Sensory Disorders The Care and Keeping of You: The Body Book for Younger Girls, Revised Edition How to Be Your Own Contractor and Save Thousands on your New House or Renovation While Keeping Your Day Job: With Companion CD-ROM REVISED 2ND EDITION Box Turtle Care: The Complete Guide to Caring for and Keeping Box Turtles as Pets (Pet Care Expert) (Volume 1) Ball Python Care: The Complete Guide to Caring for and Keeping Ball Pythons as Pets (Best Pet Care Practices) Leopard Gecko Care: The Complete Guide to Caring for and Keeping Leopard Geckos as Pets (Best Pet Care Practices) Madagascar Hissing Cockroach Care: The Complete Guide to Caring for and Keeping Madagascar Hissing Cockroaches as Pets (Best Pet Care Practices) Is This Normal (Revised): MORE Girls' Questions, Answered by the Editors of The Care & Keeping of You

[Dmca](#)