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The Feelings Book Journal (Revised) Spiral-bound - February 26, 2013 by Dr. Lynda Madison (Author), Josee Masse (Illustrator) 4.7 out of 5 stars 317 ratings

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## **The Feelings Book (Revised) | American Girl Publishing**

"From the editors of: The care & keeping of you" -- CoverThis 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 . ISBN13: 9781609581831; Publisher: American Girl Publishing Inc; Publication Year: 2013; Format: Paperback; Pages: 104

## **The Feelings Book (Revised): The Care and Keeping of Your ...**

Overview. This updated journal, designed to help you understand your emotions, is the perfect companion to The Feelings Book. It's a great hands-on guide that will help you identify and handle all kinds of emotions with entertaining quizzes, fill-in-the-blank exercises, and checklists. It also includes a section on "mood minders"--specific techniques to help you figure out feelings such as fear, anxiety, happiness, jealousy, disrespect, anger, loneliness, sadness, grief, and more.

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## **The Feelings Book Journal (Revised) by Dr. Lynda Madison ...**

The book gave great information on dealing with feelings and how and who to express your feelings to when you are having a hard time. There were lots of examples in the book to support each chapter. I did feel that my daughter was a little young for some parts of the book (she is 6 years old), but much of it still applied to her age group.

## **The Feelings Book: The Care & Keeping of Your Emotions by ...**

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