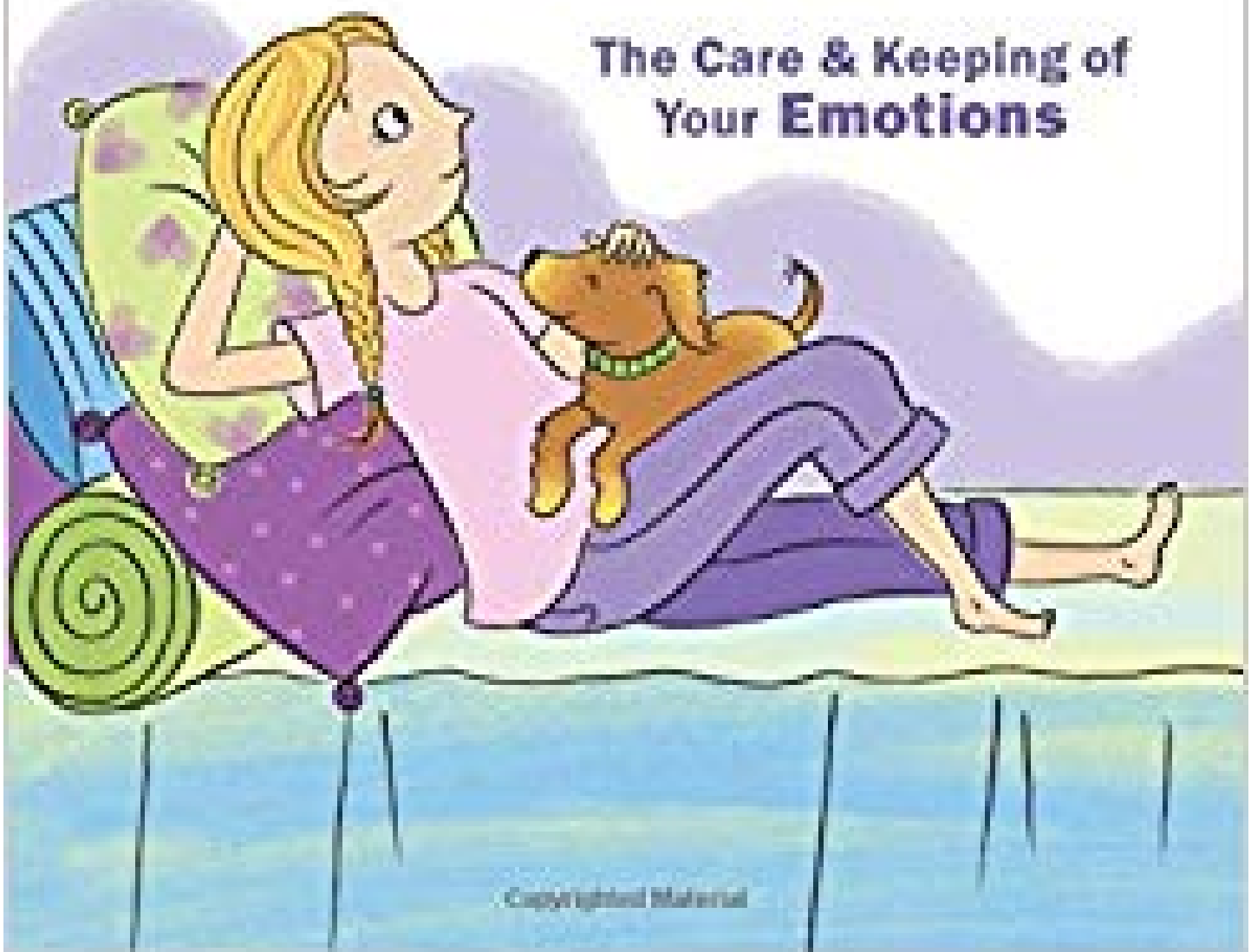


# The Feelings Book

The Care & Keeping of  
Your Emotions



Dr. Lynda Madison

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



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



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I recommend it for 9/10 year old girls and up! After reading "The Care & Keeping of You 1: The Body Book for Younger Women" with my 9-year-old girl, 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 publication briefly mentions PMS, so it is 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. It could also be helpful for a parent previewing this publication for a child to know that this book will mention the idea of "seeking professional help," going on to explain what therapists, psychologists, and psychiatrists do. I like that it is explicit about how your feelings will have an effect on your behavior, as well as your behavior will influence how other people respond to you. You should be sure you are exhibiting the actual emotions you feel; Yippee! The book offers several chapters discussing emotions generally. Specific feelings 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 Actually Sad I'm Grieving I Don't Experience Safe Much of the reserve is formatted like an suggestions column, with queries outlining particular scenarios and answers offering specific suggestions and strategies. This, from an extremely dramatic, cry at the drop of 1 negative word or look from somebody type of young lady. A format was a good thing, because it made most of the feelings seem relatable. There were common scenarios like, "I'm scared to rest alone during the night," "I'm jealous that my sister is definitely in my cousin's wedding ceremony, but I'm not really," and "My parents are divorced, and each and every time I stay with one of these, I skip the other one. For example, in the "I Don't Feel Safe and sound" chapter, there have been scenarios like, "I worry about school shootings," and "My home burned down last month, and I'm afraid our new home will burn down, too." On the other hand, however, I'm a little bit concerned that a few of the scenarios might actually expose fears that my child by no means considered before. She's read them cover-to-cover several times. In the "I'm Actually Sad" chapter, there exists a section listing "Symptoms of Depression", and one of them is "think[ing] a lot about death or suicide". It does not define suicide, and I'm not sure if my child knows what "suicide" is certainly, but if she doesn't, I'm not sure if this is definitely the easiest method to introduce it. Maybe it is, because it's properly confined in a reserve about emotions? We browse the book out loud so that we could discuss things together. I need to think about it even more while I decide whether to have my girl read this book. On the plus aspect, the book helps to normalize the countless emotions an evergrowing girl might be feeling. Mostly, I'm disappointed that, despite touching upon embarrassment early in the book, there is no chapter titled, "PERSONALLY I THINK Embarrassed. She absolutely enjoys them and I've frequently walked in her space to observe her reading them. We've always experienced very open discussions about feelings but this gave us a framework for debate and it was really helpful. I can slice out those parts Perhaps. She loves reading it on her behalf own too. I am all for having children work out their very own problems, however, when it comes to bullying, I don't think this section emphasized plenty of the significance of letting the teacher know that bullying is happening among classmates. Great to also explain EMOTIONAL changes! The Pragmatic My 8-year-old child read this immediately... then used it's recommendations by the next day. In lots of ways, the Q & I am very pragmatic, therefore I acquired no idea how exactly to help her, but because of this life-saving publication she's taking care of it all by herself. I purchased 6 or so books in the series and half are going back. if you just work angry, other folks - and yourself - won't understand or address the actual emotions you might be feeling, which might be embarrassment, disappointment, or shame. We read a page or a section, and I ask if she has ever felt this way and then to spell it out a situation when she experienced that feeling. By the way, I've bought almost every single American Girl

reserve and each is brilliant and well-loved by my daughter (even the Body Book). I've discovered a lot myself. On her behalf Fall birthday we have been getting her a membership to the magazine. UPDATE: We got my daughter the subscription to the periodical and she devours it. Lots of brilliant tid-bits and more on how best to handle emotions. Good Book My daughter (9 yrs . old) offers been on an psychological rollercoaster the last couple of months. I think this is a good conversation beginner. My sister recommended this book, and when my child read it she started to feel better and more 'regular'. I have no idea. It certainly helped her start and express her emotions more freely with me. (Plus she determined that mom might know a thing or two after all. She enjoyed the Treatment and Keeping of YOUR SYSTEM 1 and 2..) Order this publication it really is so amazing ? I am 8 years old. My name is Finley. My mother got me this publication because I was having a hard time with my emotions. I love the publication series they provide so much details on issues that you might have. My favorite part of this book is the fun quizzes and that the photos are so nice ?? We can't wait around to order even more books. Very useful I bought this for my 6 year old child who has been having troubles with friends at school. It is a small advanced for her age, but we read it together and then discuss the different emotions that she identifies with. This book and its companion, The Care and Keeping of You, are fabulous and helped me prepare my little girl for the physical and emotional changes she's beginning to go through. Also, in the "I've Been Disrespected" chapter - which is basically about being bullied - I don't think the email address details are entirely realistic. I'd like her to include me in her existence, not hide her feelings and cause a rift between us, and I'm also learning the methods in the publication for when the Universe converges on me from several angles and I'm feeling emotional and could use some sage information on how best to handle it. Sometimes I give a good example of when I've experienced that feeling to open up the conversation. The technique has helped my girl open up and tell me in regards to a lot of points that she might possibly not have known how to describe before, or that may have come out in a jumble of phrases. We just read several pages at the same time and sometimes go back to a prior section if it corresponds from what happened during the day. I believe it is an excellent tool and best used to facilitate discussion about difficult emotions. . My nine year old gave this one five stars... My nine year older gave that one five stars. Want authors would bear in mind not all kids have a father and mother. It offers great advice." I'm sorry, I just believe in real life, if kids used language like this with a bully, it might be fulfilled with laughter and eye-rolling. ESSENTIAL For The Emotional & A few of the more complex emotions she doesn't identify with yet, but its great to prep her for when she does start to have more complex emotions, to let her understand that it is ok." After anger, I feel like my child is most affected by unnecessary emotions of embarrassment." Along the same lines, I'm afraid the book might introduce some additional concepts that maybe my child isn't ready for. I highly recommend! Great book for preteens I bought this book for my 6th grader. Good for kids with two parents The right advice. As a mom, I like that it offers explicit tips about how to deal with emotions and disposition crises. I think every girl who's about to enter adolescence should definitely read this book. We read some of the book jointly and talked about the topic matter and how she can apply the abilities. Good book Great little personal help book for young girls My thiughts I really like this book it certainly helped me with my emotions. You need to make on about crush in 4th quality. It's something common for 9, and 10 yrs . old My daughters love this collection My daughters love this collection of American Girl books: they uncovered the female body, puberty, and today all the emotions linked to the changes in hormones. Provides great insights into feelings, but consider pre-reading it to observe if it's suitable for your son or daughter. Will do. I like some items in the

American Woman books but feel just like it is not seeing that body positive or mind positive. I have talked with her, but what perform moms know? Right here' the kicker: She still comes to me and shares her feelings, but she's telling me how she's taking care of the problem. Highly recommended! These books are fantastic for tween ladies. I purchased these for my girl when she turned 10.. But this was her favorite. This is the book she went back to over and over when she couldn't find out her emotions. I am recommending it to both parents and specialists alike. A really good publication for your pre-teen or early teen child The book is actually well-organized and delivers extremely comprehensive appear at various situations and consequent emotions that are true to the pre-teen/teen existence. The biggest advantage of these books can be they provide women with the vocabulary to request the questions they have. She really likes that book manuals her through most of the emotional changes she's been going through. I read the book 1st and put post-its on the web pages I did not want her to learn to however. I was excited to learn this with my 9 yr old but generally there's too much reference to a father or divorced parents. Of course it advocates using terms to solve the problem, nonetheless it suggests saying things like, "I'd like to find a way for us to get along. Smart Book Great explanations



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