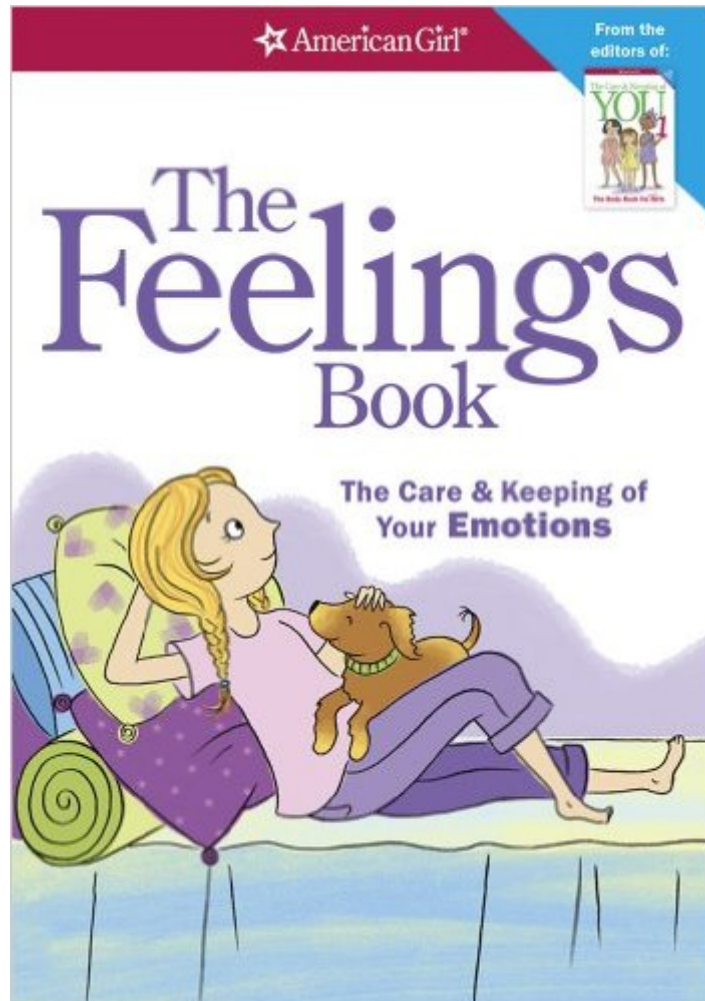


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# The Feelings Book (Revised): The Care And Keeping Of Your Emotions



## 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.

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