



The Feelings Book Journal

By Dr Lynda Madison

American Girl Publishing Inc, United Kingdom, 2013. Spiral bound. Condition: New. Revised. Language: English . Brand New Book. 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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