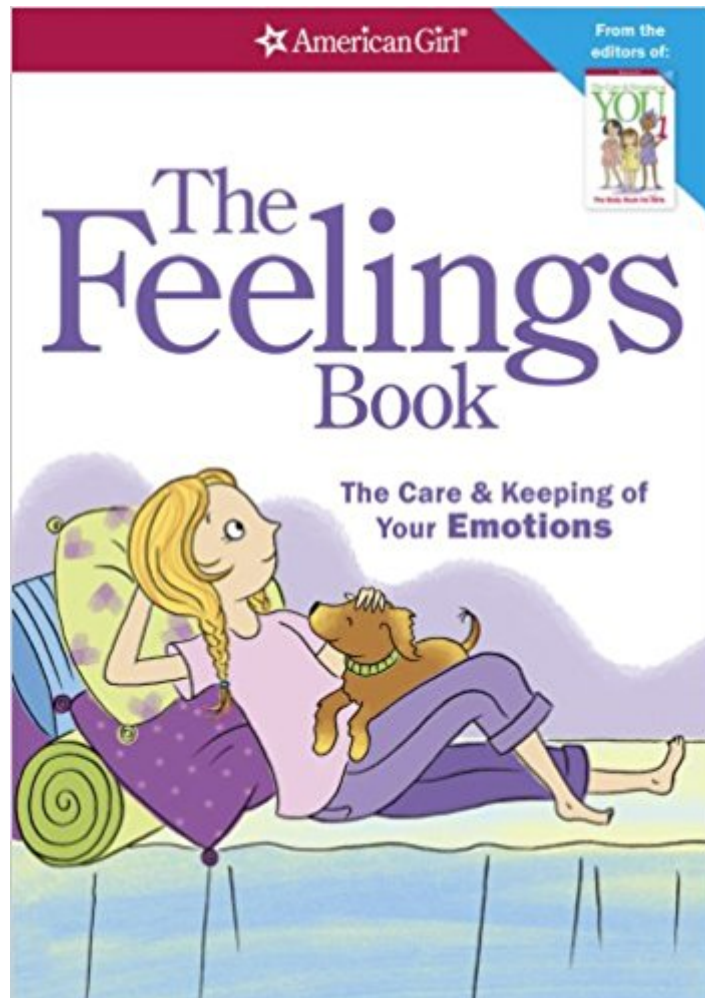




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# The Feelings Book (Revised): The Care And Keeping Of Your Emotions



## 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

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Average Customer Review: 4.8 out of 5 stars 501 customer reviews

Best Sellers Rank: #434 in Books (See Top 100 in Books) #11 in *Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings* #13 in *Books > Medical Books > Psychology > General* #31 in *Books > Children's Books > Growing Up & Facts of Life > Family Life*

Age Range: 9 - 12 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! 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." On the other hand, however, I'm a bit concerned that some of the scenarios might actually introduce fears that my daughter never considered before. For example, in the "I Don't Feel Safe" chapter, there were scenarios like, "I worry about school shootings," and "My house burned down last month, and I'm afraid our new house will burn down, too." Along the same lines, I'm afraid the book might introduce some additional concepts that maybe my child isn't ready for. In the "I'm Really Sad" chapter, there is a section listing "Signs of Depression", and one of them is "think[ing] a lot about death or suicide". It does not define suicide, and I'm not even sure if my daughter knows what "suicide" is, but if she doesn't, I'm not sure if this is the best way to introduce it. Maybe it is, because it's safely confined in a book about emotions? I don't know. I need to think about it some more while I decide whether or not to have my daughter read this book. It might also be helpful for a parent previewing this book for a child to know that this book does mention the idea of "seeking professional help," going on to explain what therapists, psychologists, and psychiatrists do. Mostly, I'm disappointed that, despite touching upon embarrassment early in the book, there is no chapter titled, "I Feel Embarrassed." After anger, I feel like my daughter is most affected by unnecessary feelings of embarrassment. Also, in the "I've Been Disrespected" chapter - which is basically about being bullied - I don't think the answers are entirely realistic. Of course it advocates using words to solve the problem, but it suggests saying things like, "I'd like to find a way for us to get along." I'm sorry, I just think that in the real world, if kids used language like that with a bully, it would be met with laughter and eye-rolling. I am all for having children work out their own problems, however, when it comes to bullying, I don't think this section emphasized enough the importance of letting the teacher know that bullying is occurring among classmates.

My daughter (9 years old) has been on an emotional rollercoaster the last couple of months. I have talked with her, but what do moms know? My sister recommended this book, and when my daughter read it she began to feel better and more 'normal'. We read the book out loud so that we could discuss things together. It really helped her open up and express her feelings more freely with me. (Plus she figured out that mom might know a thing or two after all...)

My 8-year-old daughter read this immediately... then used it's suggestions by the next day. This, from a very dramatic, cry at the drop of one negative word or look from someone type of girl. I am very pragmatic, so I had no idea how to help her, but thanks to this life-saving book she's taking care of it all by herself. Here' the kicker: She still comes to me and shares her emotions, but she's telling me how she's taking care of the problem. Yippee! I want her to include me in her life, not hide her feelings and cause a rift between us, and I'm also learning the techniques in the book for when the Universe converges on me from several angles and I'm feeling emotional and could use some sage advice on how best to handle it. By the way, I've bought almost every single American Girl book and all are brilliant and well-loved by my daughter (even the Body Book). I've learned a lot myself. For her Fall birthday we are getting her a subscription to the magazine. UPDATE: We got my daughter the subscription to the periodical and she devours it. Lots of fantastic tid-bits and more on how to handle emotions.

This is a nice little book for children from 9-12 who are having difficulty expressing what they feel, or don't really understand their feelings. It is often difficult for children to express their feelings to parents, and sometimes reading this book together may be perfect for the entire family. I purchased this book for my granddaughter who us 6, but realized reading the first book this was too advanced for her. She can express her feelings but has difficulty understanding what they are, and her parents sometimes have to play guessing games. I do find that I am able to talk with her because I do not represent any type of threat, and I always have her back. She trusts me, but I also know she won't give up her real inner secrets. I did find that this book gave me hints in how to approach some situations by asking explicit questions that involve other people and giving her a few variations of answers. This is a good book for parents to read, and to formulate in their own minds about how to best approach their child when problems arise. All in all, I can see this book would be valuable to the parents and child when they reach the age of 8 or 9. I will keep it handy until then. Recommended. prisrob 08-19-15

I got this for my daughter. I figured it was a way for her to read about what she is going through as she goes through puberty. We would talk about some of the stuff and she could read about others. IT can be embarrassing for some kids to talk about this stuff. She would read it and I combined it with talks that we weren't face to face but sitting next to each other and it really helped her.

Great book for a hormonal pre teen girl!

American Girl is an amazing company for books. The Feeling Book is no different. I purchased this for my 11 year old sister as we all know that being a pre-teen can be the worst. She loves the book! It is a great way for her to reference a book when she is feeling a specific way and it lets her know that she is not alone in those feelings. A+++!

Im grateful there are books like this for nice little girls, that get picked on for their sensitive feelings. Bravo! to the author!

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