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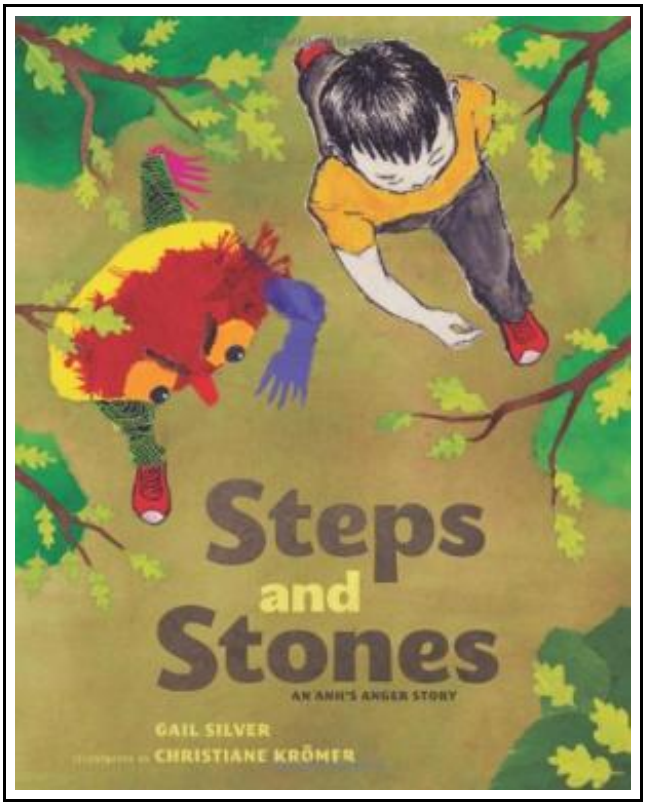

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Reviews

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(Dr. Rowena Wiegand)

STEPS AND STONES: AN ANHS ANGER STORY

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Parallax Press. Hardcover. Book Condition: New. Christiane Kromer (illustrator). Hardcover. 40 pages. Dimensions: 11.3in. x 8.6in. x 0.5in.When Anhs friends leave and he feels left out at school, his anger shows up to keep him company. Anh the protagonist of Gail Silvers previous book Anhs Anger, is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. By counting his steps and coordinating them with his breathing Anh is able to slow down and take his anger for a peaceful and magically transformative walk. Reach and Teach. com called Anhs Anger, One of the best books weve ever seen on the issue of dealing with anger. The New Yorker review highlighted how the book uses deep breathing to regain control during a tantrum. And Zen Master Thich Nhat Hanh calls the Anhs Anger series, a wonderful gift for both children and adults who want to learn how to turn unhappy situations into joyful ones. Steps and Stones the second of the Anhs Anger Story trilogy will help children learn to understand the causes of their own strong emotions, and teaches them peaceful ways to resolve difficulties through mindfulness and meditation. An invaluable tool for parents and teachers alike. Steps and Stones is beautifully illustrated by New York artist and childrens book illustrator Christiane Krmer. Using a mix of paper, acrylic, cardboard, and found materials, her vibrant multi-textured collages reflect the connection between the characters and their environment and echo the wide range of emotions that come together in the story. Gail Silver writes: If, at an early age, children become comfortable with identifying and articulating their anger, then they can feel confident working through anger in healthy ways during their...

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