



The Great Book of Emotions

Text by Chiara Piroddi

Illustrated by Alessandra Manfredi

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- This book is an introspective voyage through the world of Allegra's emotions
- Encompassing joy, sadness, fright, anger, surprise, disgust and shame
- Suitable for ages 7 years and up

This book is an introspective voyage through the world of Allegra's emotions. Allegra is a sensitive, curious child of seven and the pages mark episodes of her life and narrate her feelings of joy, sadness, fright, anger, surprise, disgust and shame – all of which are personified in seven adorable characters. The reader dives into Allegra's inner world, narrated through paintings and fascinating illustrations where reality intertwines with fantasy scenarios. At the end of the voyage, Allegra and her readers will have learned how feelings arise and how to avoid being frightened by them as they evolve, change in intensity and break down inside of one's conscience and how to welcome them into one's own inner world. Allegra will learn to play on her piano all the emotional shades that distinguish her and thus be able to completely integrate her characters into her inner world. Ages: 7 plus

Chiara Piroddi was born in Vercelli (Italy) in 1982; she is a psychologist and expert in Neuropsychology, specialising in Cognitive-Evolutionary Psychotherapy. she lives between Barcelona and Milan, where she works as a psychotherapist in developmental age. In the last few years she/he has illustrated, with enthusiasm and creativity, several books for White Star Kids. **Alessandra Manfredi** works as a freelance graphics designer and illustrator. Having studied Art Restoration at the University of Urbino, she attended the Arte&Messaggio School in Milan, as well as various specialisation courses at the S. Zavrel International School of Illustration in Sarmede, Treviso. She mainly works in illustrated albums, participating in exhibitions and competitions in Italy and abroad.

