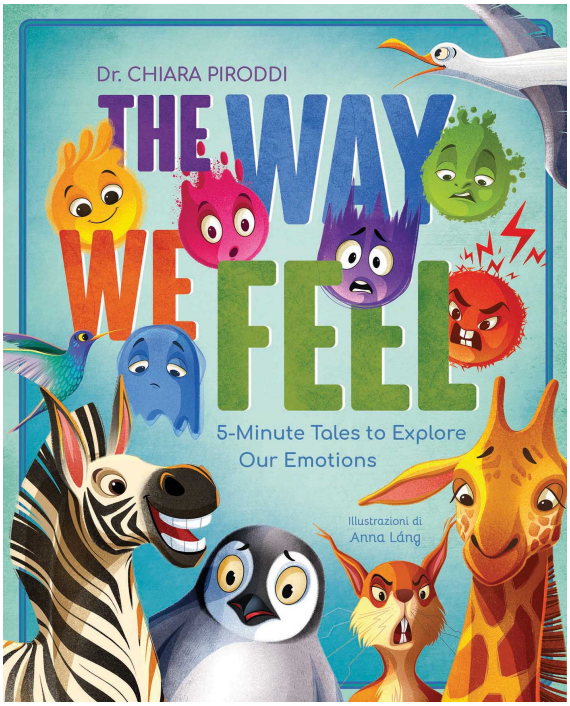
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# The Way We Feel

## 5-Minute Tales To Explore Our Emotions

### Chiara Piroddi

### Illustrated by Anna Láng

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| **ISBN** | 9788854421974 |
| **Publisher** | White Star |
| **Binding** | Hardback |
| **Territory** | World excluding Australasia, USA, & Canada. Italy and India non-exclusive |
| **Size** | 260 mm x 210 mm |
| **Pages** | 128 Pages |
| **Name of series** | 5 Minute Tales on Big Feelings |
| **Price** | £13.99 |

- **Created by a Child Psychotherapist and Montessori Expert**: Written by a specialist in child development and author of top-selling *Montessori* series for White Star, this book blends psychological expertise with storytelling — offering both entertainment and emotional education in one
- **Structured Emotional Learning Through 24 Engaging Stories**: Each of the six primary emotions is explored in four nuanced stories, helping children recognise different shades of feelings and learn practical, age-appropriate strategies to understand and manage them
- **Developed for the Critical 4–6 Age Range**: Perfectly tailored to the developmental stage where emotional awareness begins to form, this book is an essential tool for both parents and educators working to build empathy, self-awareness, and resilience in early learners
- **Featuring the Elegant, Commercial Style of Anna Láng**: With charming, sophisticated illustrations by bestselling artist Anna Láng, the book combines artistic appeal with emotional depth, making it stand out both in stores and online
- **A Valuable Gift and Long-Term Resource for Families and Schools**: More than just a bedtime book, ***The Way We Feel*** is designed to be revisited over time, making it a lasting tool for emotional literacy at home, in preschools, or in therapeutic settings
- **Part of a Growing Series**: Next book, *The Way We Grow Brave* ISBN 9788854422490, introduces practical coping strategies to help children manage common fears in a relatable and reassuring way

***The Way We Feel*** is a valuable book to help young children recognise, name, and understand their emotions through simple, illustrated stories. The six primary emotions—joy, anger, sadness, fear, disgust, and surprise— become the narrating voices of four stories each, in which each one features a little protagonist struggling with a new and intense feeling that needs to be learned and managed. From the roars of an angry lion cub to a baby bird's thrilling first flight, each story helps children understand how emotions arise and how to develop emotional intelligence. Written with the support of a child psychologist, this book provides practical insights for both children and adults, making it an essential tool for emotional growth.

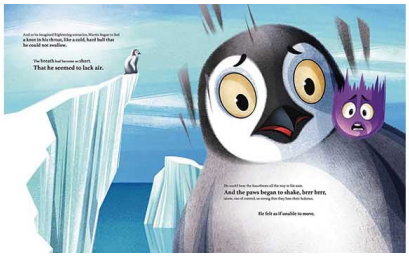
Ages 4 plus.

**Chiara Piroddi** is a psychologist and an expert in neuropsychology, with a specialisation in evolutionary cognitive psychotherapy. **Anna Láng** attended the Hungarian University of Fine Arts. She is one of White Star's best-selling illustrator. She lives and works in Italy as a freelance graphic designer and illustrator.









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