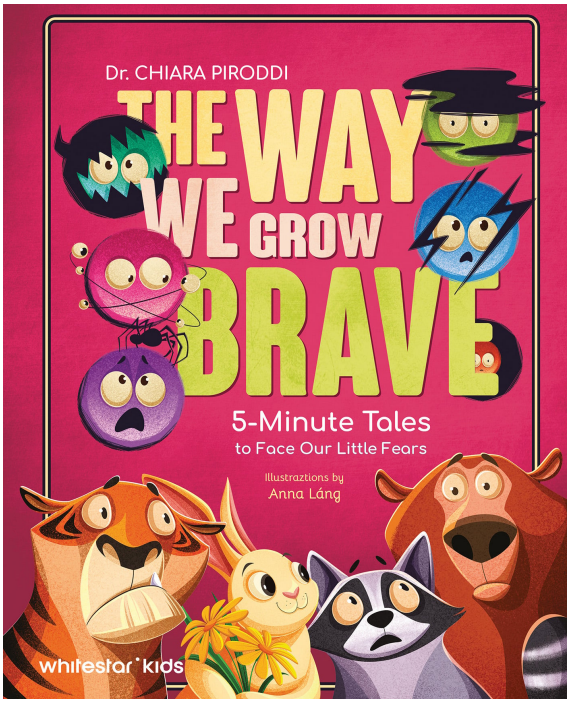
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The Way We Grow Brave

5-Minute Tales to Face Our Little Fears

Chiara Piroddi

Illustrated by Anna Láng

ISBN	9788854422490
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
Illustrations	64 color
Name of series	5 Minute Tales on Big Feelings
Price	£13.99

- **Expertly Created:** Written by Chiara Piroddi, a child psychotherapist and Montessori specialist, combining psychological expertise with engaging storytelling
- **Supports Social-Emotional Learning:** 18 stories guide children through a big emotion, helping them recognise, understand, and manage fear — a practical tool for SEL development
- **Part of a Growing Series:** Follows *The Way We Feel* ISBN 9788854421974, continuing White Star's emotionally focused publishing line dedicated to helping children understand and process complex feelings through accessible storytelling
- **Perfect for Ages 4–6:** Tailored to the critical developmental stage for emotional awareness, ideal for home, school, or therapeutic use
- **Engaging Illustrations:** Lovable artwork by Anna Lang keeps young readers captivated while enhancing shelf appeal
- **Emotions Simplified:** Broken down into three sections — Environment, Relationships, and Personal Growth — children learn how to encounter, listen to, and resolve fear in any scenario
- **Long-Term Resource:** A fun and interactive book designed to be revisited over time, fostering empathy, resilience, and emotional intelligence!

Learn to be brave with charming animal adventures! From fears of the dark and thunder to anxiety about the opinions of others, each story introduces practical coping strategies to help children manage common fears in a relatable and reassuring way. With colourful illustrations and guidance from a child psychologist, young readers will discover simple ways to understand their emotions, build confidence, and develop resilience—turning emotional growth into a fun and memorable adventure. Featuring 18 engaging stories with lovable animal characters, the book makes social-emotional learning enjoyable and accessible for children ages 4–6. Designed for the stage when self-awareness, empathy, and emotional resilience begin to flourish, it is ideal for bedtime reading, preschool activities, or family discussions.

A valuable resource for both parents and educators, this collection encourages children to face everyday challenges with courage and gives them skills they can return to as they grow.

Ages 4-6 years.

Chiara Piroddi is a psychologist and an expert in neuropsychology, with a specialisation in evolutionary cognitive psychotherapy. **Anna Láng** is a Hungarian illustrator and art director based in Italy. She graduated in graphic design from the Hungarian University of Fine Arts, before discovering a deep passion for illustration. She is one of White Star's best-selling illustrators.







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