



HOW I FEEL WHEN I HEAR NO!



by **Ronit Farzam**
illustrated by **Bonnie Lui**

HOW I FEEL WHEN I HEAR NO!



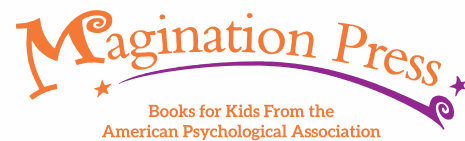
by Ronit Farzam, PhD
illustrated by Bonnie Lui

Magination Press • Washington, DC
American Psychological Association

NO is my least favorite word in the world.
Do you know how I feel when I hear NO?

To Maman and Baba for their everlasting love,
to Omid for his relentless encouragement, and to Eli
and Aaron for all the magic and inspiration—*RF*

To Tina—my favorite friend, closest enemy,
and biggest champion. I love you, Sis—*BL*



Copyright © 2024 by Ronit Farzam. Illustrations copyright © 2024 by Bonnie Lui. All rights reserved. Except as permitted under the United States Copyright Act of 1976, no part of this publication may be reproduced or distributed in any form or by any means, or stored in a database or retrieval system, without the prior written permission of the publisher.

Magination Press is a registered trademark of the American Psychological Association. Order books at maginationpress.org, or call 1-800-374-2721.

Book design by Christina Gaugler

Printed by Sonic Media Solutions, Medford, NY

Library of Congress Cataloging-in-Publication Data

Names: Farzam, Ronit, author. | Lui, Bonnie, illustrator.

Title: How I feel when I hear NO / by Ronit Farzam, PhD ; illustrated by Bonnie Lui.

Description: Washington, DC : Magination Press, [2024] | "American Psychological Association." | Summary:

When a child hears their least favorite word "no," they use imaginative metaphors to explore their anger.

Identifiers: LCCN 2023019269 (print) | LCCN 2023019270 (ebook) | ISBN 9781433842160 (hardcover) |

ISBN 9781433842177 (ebook)

Subjects: CYAC: No (The English word)—Fiction. | Anger—Fiction. | Metaphor—Fiction. |

LCGFT: Picture books.

Classification: LCC PZ7.1.F374 Ho 2024 (print) | LCC PZ7.1.F374 (ebook) | DDC [E]—dc23

LC record available at <https://lcn.loc.gov/2023019269>

LC ebook record available at <https://lcn.loc.gov/2023019270>

Manufactured in the United States of America

10 9 8 7 6 5 4 3 2 1



When I hear NO, I turn into a sad little dragon,
stomping down into my dark, gloomy dungeon.

Breathing fire, I burn everything in my way,
hoping I can turn NO into YES.



But NO is still NO.

And that makes me
feel even sadder.



Do you know what
happens then?



I turn into a mischievous wizard,
making bitter potions and
waving my magical wand.

Muttering mean spells,
I destroy everything I find,
hoping I can turn NO into YES.

