



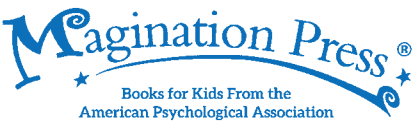
A Feel Better Book

for Little Tempers



**by Holly Brochmann and Leah Bowen
illustrated by Shirley Ng-Benitez**

For Jay and Chris, who love us, tempers and all—HB & LB
To Holly, Leah, and Katie, with my sincerest gratitude—SN-B



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simple, rhyming text provide young children with tools for dealing
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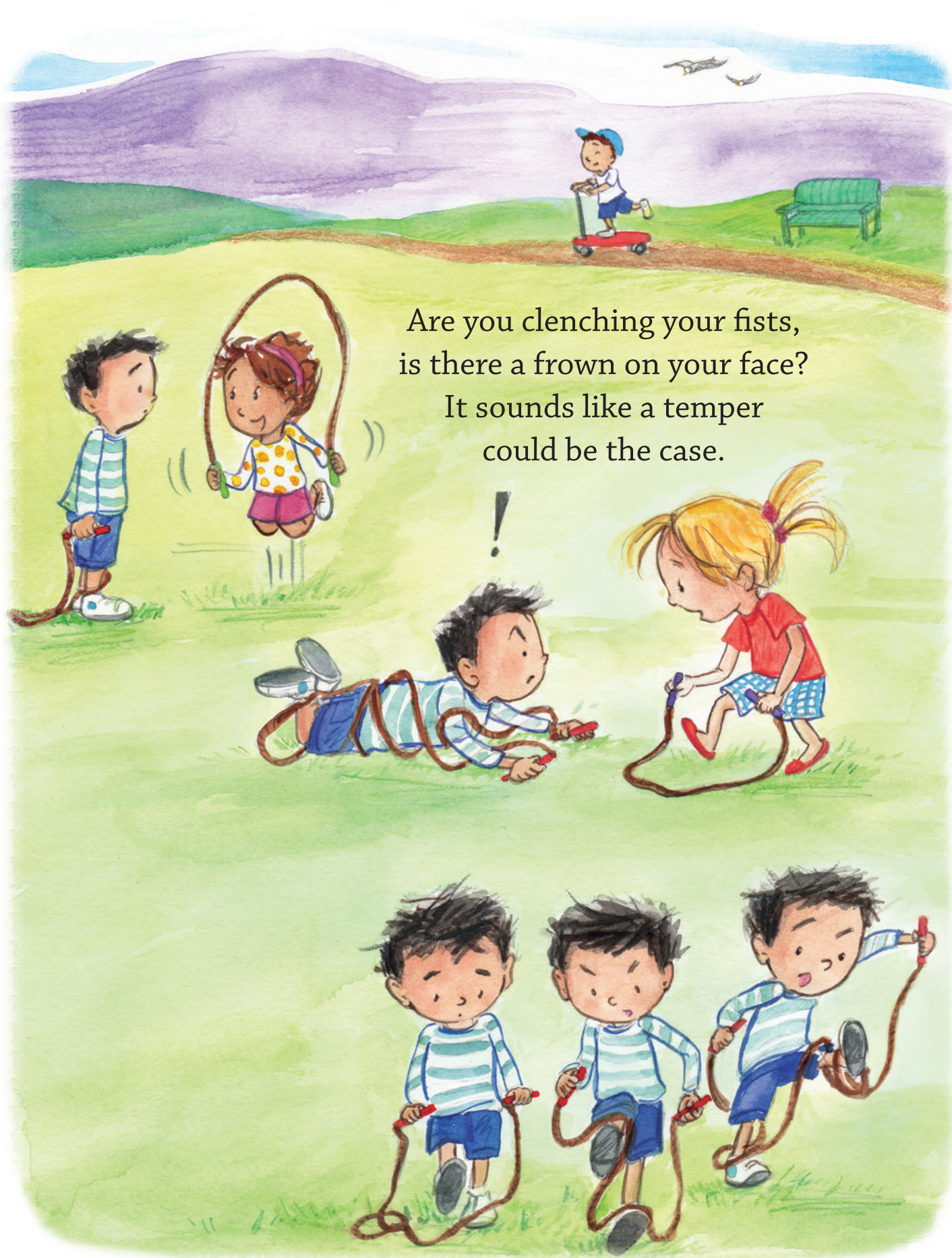


Hello there my friend,
how are you? Do tell!
Are you happy and calm?
Peaceful and well?

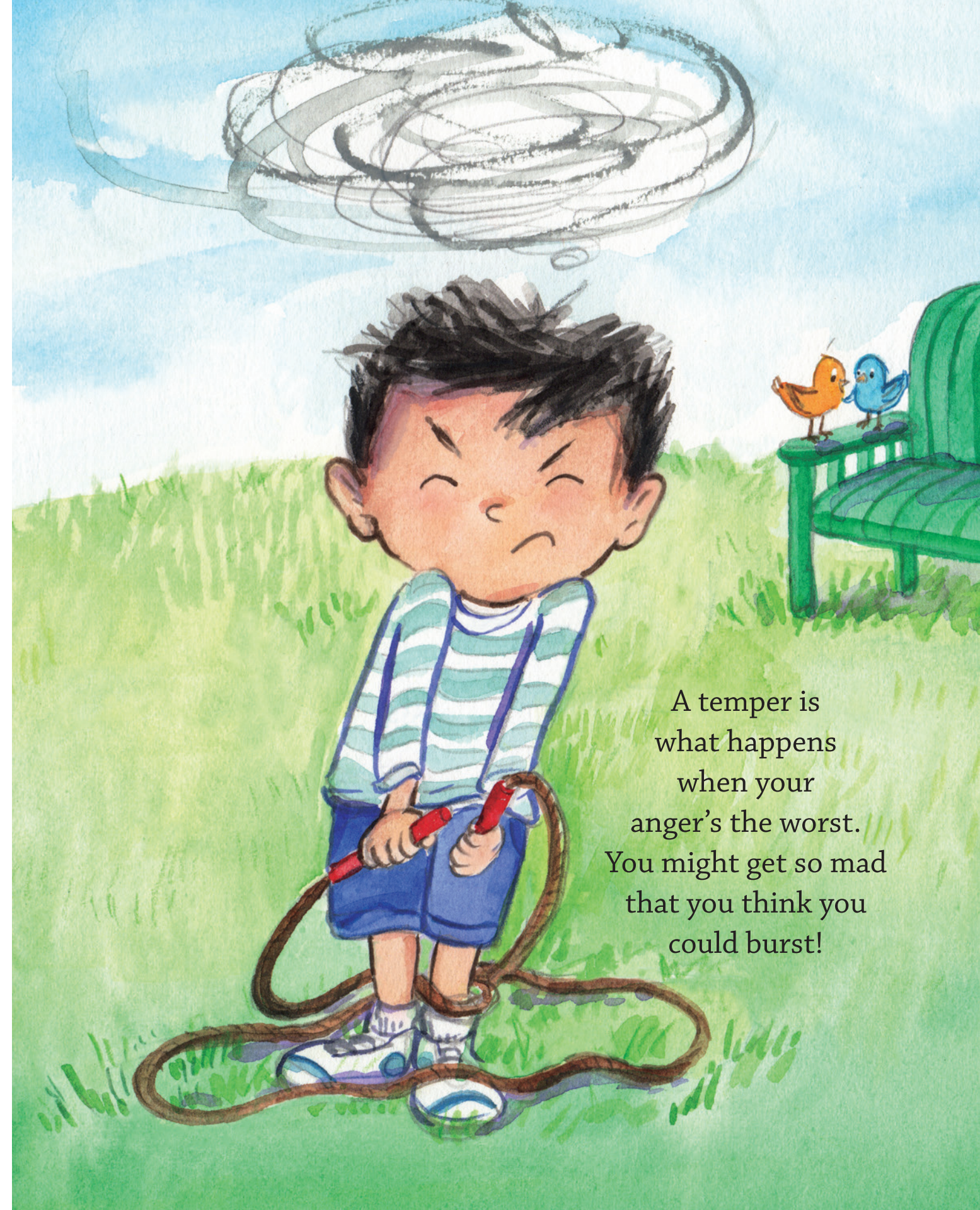
Or is it one of those days
you feel misunderstood?
You're huffy and puffy
and just plain not good.

You wanted it this way.
It went that way instead!
Now your ears are quite hot
and your cheeks are all red.





Are you clenching your fists,
is there a frown on your face?
It sounds like a temper
could be the case.



A temper is
what happens
when your
anger's the worst.
You might get so mad
that you think you
could burst!