



Steps and Stones: An Anhs Anger Story

By Gail Silver

Parallax Press. Hardcover. Book Condition: New. Christiane Kromer (illustrator). Hardcover. 40 pages. Dimensions: 11.3in. x 8.6in. x 0.5in. When Anhs friends leave and he feels left out at school, his anger shows up to keep him company. Anh the protagonist of Gail Silvers previous book Anhs Anger, is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. By counting his steps and coordinating them with his breathing Anh is able to slow down and take his anger for a peaceful and magically transformative walk. Reach and Teach. com called Anhs Anger, One of the best books weve ever seen on the issue of dealing with anger. The New Yorker review highlighted how the book uses deep breathing to regain control during a tantrum. And Zen Master Thich Nhat Hanh calls the Anhs Anger series, a wonderful gift for both children and adults who want to learn how to turn unhappy situations into joyful ones. Steps and Stones the second of the Anhs Anger Story trilogy will help children learn to understand the causes of their own strong emotions, and teaches...



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Reviews

Unquestionably, this is actually the greatest function by any author. I was able to comprehend every little thing using this created e ebook. Its been printed in an remarkably straightforward way which is merely following i finished reading this ebook in which in fact altered me, alter the way i think.

-- **Arianna Witting**

An exceptional book as well as the font used was exciting to read. It is actually rally intriguing throug reading time. You will not sense monotony at anytime of the time (that's what catalogues are for about when you ask me).

-- **Crystal Hagenes**