



## Steps and Stones: An Anh's Anger Story

*Gail Silver*

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When Anh's friends leave and he feels left out at school, his anger shows up to keep him company. Anh the protagonist of Gail Silver's previous book *Anh's 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 *Anh's Anger*, "One of the best books we've 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 Anh's 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 *Anh's Anger* Story trilogy will help children learn to understand the causes of their own strong emotions, and teaches them peaceful ways to resolve difficulties through mindfulness and meditation. An invaluable tool for parents and teachers alike.

*Steps and Stones* is beautifully illustrated by New York artist and children's book illustrator Christiane Krömer. Using a mix of paper, acrylic, cardboard, and found materials, her vibrant multi-textured collages reflect the connection between the characters and their environment and echo the wide range of emotions that come together in the story.

Gail Silver writes: "If, at an early age, children become comfortable with identifying and articulating their anger, then they can feel confident working through anger in healthy ways during their adolescent years. There is a lot of adolescent violence in the news today. I am overwhelmed with pain and sadness every time I hear of an adolescent using a gun. While these teens are deeply troubled and have many problems, unresolved anger plays a part in their difficulty. I hope these books can be used as a preventative resource. We can only practice what we know or what we are willing to learn. My hope is that the *Anh's Anger* stories can contribute to a decrease in adolescent aggression and violence by teaching children at an early age how to safely understand and express their anger."

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Playing with family in a park, coming to see the marine world or hanging out with close friends is thing that usually you may have done when you have spare time, after that why you don't try thing that really opposite from that. One particular activity that make you not experiencing tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of information. Even you love Steps and Stones: An Anh's Anger Story, you could enjoy both. It is fine combination right, you still wish to miss it? What kind of hang-out type is it? Oh can happen its mind hangout men. What? Still don't obtain it, oh come on its known as reading friends.

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Your reading sixth sense will not betray you actually, why because this Steps and Stones: An Anh's Anger Story book written by well-known writer who knows well how to make book that may be understand by anyone who else read the book. Written in good manner for you, still dripping wet every ideas and producing skill only for eliminate your own hunger then you still doubt Steps and Stones: An Anh's Anger Story as good book but not only by the cover but also through the content. This is one book that can break don't ascertain book by its handle, so do you still needing an additional sixth sense to pick this particular!? Oh come on your examining sixth sense already said so why you have to listening to another sixth sense.

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