

I Feel Jealous (Your Emotions)

The bestselling Emotion Thesaurus, often hailed as “the gold standard for writers” and credited with transforming how writers craft emotion, has now been expanded to include 56 new entries! One of the biggest struggles for writers is how to convey emotion to readers in a unique and compelling way. When showing our characters’ feelings, we often use the first idea that comes to mind, and they end up smiling, nodding, and frowning too much. If you need inspiration for creating characters’ emotional responses that are personalized and evocative, this ultimate show-don’t-tell guide for emotion can help. It includes:

- Body language cues, thoughts, and visceral responses for over 130 emotions that cover a range of intensity from mild to severe, providing innumerable options for individualizing a character’s reactions
- A breakdown of the biggest emotion-related writing problems and how to overcome them
- Advice on what should be done before drafting to make sure your characters’ emotions will be realistic and consistent
- Instruction for how to show hidden feelings and emotional subtext through dialogue and nonverbal cues
- And much more! The Emotion Thesaurus, in its easy-to-navigate list format, will inspire you to create stronger, fresher character expressions and engage readers from your first page to your last.

Somewhere, some time ago, the Agents of F.E.E.L.S

were formed. Working together to Feel Every Emotion Like Superheroes, our helpful heroes are here to assist YOU, the unsuspecting reader, understand the emotions that are trying to mess up YOUR day!

I Feel Jealous Hachette UK

Have you ever felt jealous of your brother or sister? Have you felt sad because someone has something that you want or a friend is getting more attention than you? Read about Noah and Ava, and what they did when they felt jealous. This book focuses on jealousy and all the feelings that this common emotion stirs up. The two stories, told from a child's point of view, help children identify and understand their feelings through everyday scenarios. Through questions for the reader, and advice, this books helps guide them and gently teaches them how to manage or overcome jealousy. With fun, engaging illustrations the book reassures young readers, providing them with vocabulary to express and understand their feelings as they grow up, and encounter different situations. Supporting text for parents and teachers ensure children get the most from the books.

**Emotions at Work and How They Help Us Succeed
The Emotion Thesaurus: A Writer's Guide to
Character Expression (2nd Edition)**

**Learn How to Overcome Negative Emotions and Low
Self-Esteem to Live a Happy and Productive Life
Mapping Meaningful Connection and the Language of
Human Experience**

What Am I Feeling?

Illustrations and rhyming text portray children experiencing a range of emotions, including frustration, shyness, jealousy, and pride.

Do you have a child who is experiencing envy or jealousy? "It's not fair!" is an often used phrase when children are feeling jealous. Whether it's social or sibling jealousy, this natural emotion can cause anger, anxiety, and even sadness. Jealous Ninja learns how to change a SMALL mindset into a BIG mindset. Find out how to deal with that green-eyed monster in this Ninja Life Hacks story by Mary Nhin. Life is hard! And it's even harder for children who are just trying to figure things out. The new children's book series, Ninja Life Hacks, was developed to help children learn valuable life skills. Fun, pint-size characters in comedic books easy enough for young readers, yet witty enough for adults. The Ninja Life Hacks book series is geared to kids 3-11. Perfect for boys, girls, early readers, primary school students, or toddlers. Excellent resource for counselors, parents, and teachers alike. Collect all the Ninja Life Hacks books! Visit the author profile for fun, free printables! Proven steps and strategies on how you can work on your personal baggage, deal with jealousy, manage your insecurities and learn to trust again. Today only, get this bestseller for a special price. Jealousy is a vicious thing. If we allow ourselves to fall into its traps of a series of negative thoughts, suspicions,

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anger, resentment and pity, we will lose. Jealousy is like poison. Even a little drop of it can spread to our very core and consume our entire being until it dictates the way we think, feel, behave and act towards our partners. In this book, we answer the biggest questions about this wicked emotion and how you can drive it away. Here Is A Preview Of What You'll Read... What Is Jealousy? Why Do You Feel Jealous? How To Manage Jealousy How To Deal With Insecurities Where Do Our Insecurities Stem From? How To Get Over Your Trust Issues Choose To Heal Your Wounds Be Trustworthy And much, much more! Download your copy today! Take action today and download this book now at a special price!

Children have strong feeling and they can't always handle them very well. Perfect for sharing, *How Are You Feeling Today?* is packed with fun, imaginative ways to help children understand and cope with a whole range of different emotions. This delightful book gives parents the tools they need to help their child deal with those feelings - without it all ending in tears! A great dip-in book where children can choose a feeling that relates to them and then turn to the page that provides child-friendly strategies for dealing with that feeling. Helpful parent notes at the back of the book provide more ideas for parents to use with their child and other strategies to try out together and practice the all important skill of dealing

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with feelings.

A Book of Feelings

The Way I Feel

How to Overcome Jealousy, Insecurity and Trust Issues - Save Your Relationship, Love Life and Emotions

The Mean Bean

The Ultimate Guide To Breaking Free From Insecurities And Learning To Trust Your Partner

Have you ever worried about showing emotion at work, or panicked you've revealed too much of your personality? In No Hard Feelings, you'll learn how to navigate the emotional minefield that is the modern workplace, and express your feelings and identity at work. After all, the financial success of the 21st century depends on it. Without the ability to communicate and correct stress, we risk burnout. Without emotions, we cannot make decisions, influence others, or be creative. As our jobs become more collaborative, complex, and stressful - as well as the centre of our identities - effectively embracing emotion will only become more important. Combining behavioural economics and psychology with sharp, funny and colourful illustrations, No Hard Feelings shows readers how to be more authentic, productive, and happy at work. Liz Fosslien is a marketing and design consultant who illustrates the webcomic Out of the Office, and her work has been featured by the Economist, the Freakonomics blog, and NPR. Mollie West Duffy is an organizational designer at IDEO and a professor at Stanford University where she teaches design. She writes a blog and advises companies on start-up culture.

"What does it mean to be jealous? Jealousy may not make us feel good, but it's an emotion everybody has! Children will

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learn how to identify when they are jealous and ways to manage their feelings. Large, vivid photos help illustrate what jealousy looks like. A mindfulness activity will give kids an opportunity to explore their feelings"--

Have you been in search for information on how to deal with jealousy? Well, you do not have to look any further because the book you are about to read now is a comprehensive guide on how to sweep out jealousy and insecurity from your life.

"Why am I so jealous and Insecure: The blueprint to overcoming it" is a life-changing book that starts by explaining what jealousy and insecurity is, how you generate or build it in you, the effects it has on your life and the many things you can do to eliminate the bad behavior. You need to take control of your relationship because we know living with these feelings are not comfortable at all, and since it is an emotional problem, you require guided solutions such as the ones described in this book. You were not meant to lead a life full of disappointing feelings, and because you are now ready to set yourself free, we offer the solution that will eliminate the chaos and drama that comes from your reactions. Get this book and enjoy the most complete information that will help you to stop being jealous and insecure. Whether you are in the initial stages of this bad behavior or it has entrenched itself in your system, "Why am I so jealous and Insecure: The blueprint to overcoming it" is the ultimate solution that will emancipate you from the chains of jealousy and insecurity. Each title in this series contains simple stories about different feelings and how to cope with them. Questions throughout ask the reader to consider what each character is feeling as the story unfolds, whether they have felt like that themselves and what can be learnt from the situation.

Jellyfish Feels Jealous

The Great Big Book of Feelings

No Hard Feelings

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Helping Children Cope with Jealousy

Honeycake: Counting All My Blessings

ARE YOU TRAPPED IN A VICIOUS CYCLE OF BROKEN RELATIONSHIPS? DO YOU WANT TO BE ABLE TO FREE YOURSELF FROM THE NEGATIVITY THAT IS SEEMINGLY HOLDING YOU BACK? I bet you do. It is never easy having to live with negative emotions, and jealousy is one of those feelings that can only eat away at your peace of mind if you let it. There must have been a time when you considered jealousy to be something minor, but the truth is that letting the green-eyed monster run free would take a serious toll on your life and the quality of your relationships. So now that you know what the culprit is, how can you begin to win the battle against it? This book will guide you through the process of defeating jealousy and gaining back your confidence and your life! Overcoming jealousy will help you nip insecurities in the bud and remove your reliance on material things and even other people for your own happiness. You can then begin to build loving and trusting relationships with the people important to you. Here is what this book could teach you: Causes of your jealousy Dealing with jealousy from within Making meaningful connections Learning to love yourself Altering your view of reality Nurturing relationships Overcoming your fears With all this knowledge in your arsenal, you can surely start living your best life. SO ACT NOW - SCROLL UP AND DOWNLOAD NOW FOR INSTANT READING You'll be happy you did!

Introduces the feeling of jealousy and helps children understand what to do when they experience that emotion or encounter someone else who is experiencing it.

The book opens with the question: "How are you feeling today?" And this leads on to a spread by spread presentation of a wide

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*range of feelings, including: *Happy * Sad * Excited * Bored * Interested * Angry * Upset * Calm * Silly * Lonely * Scared * Safe * Embarrassed * Shy * Confident * Worried * Jealous * Satisfied The final spread is about Feeling Better because sharing and talking about feelings helps us to feel better. The approach and design follows The Great Big Book of Families, with lots of different children in lots of different situations, brief text captions and questions and plenty of humour to make sure the book is fun. Mary Hoffman and Ros Asquith look at feelings in family life, at school and everywhere with the same warmth, wit and sensitivity that they brought to their award-winning The Great Big Book of Families.*

In her latest book, five-time #1 New York Times bestselling author Dr Brené Brown, writes, "If we want to find the way back to ourselves and each other, we need language and the grounded confidence to both tell our stories, and to be stewards of the stories that we hear. This is the framework for meaningful connection." In Atlas of the Heart, Brown takes us on a journey through 87 of the emotions and experiences that define what it means to be human. As she maps the necessary skills and lays out an actionable framework for meaningful connection, she gives us the language and tools to access a universe of new choices and second chances - a universe where we can share and steward the stories of our bravest and most heart-breaking moments with one another in a way that builds connection. Over the past two decades, Brown's extensive research into the experiences that make us who we are has shaped the cultural conversation and helped define what it means to be courageous with our lives. Atlas of the Heart draws on this research, as well as Brown's singular skills as a researcher/storyteller, to lay out an invaluable, research-based

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framework that shows us that naming an experience doesn't give the experience more power, it gives us the power of understanding, meaning and choice. Brown shares, "I want this to be an atlas for all of us, because I believe that, with an adventurous heart and the right maps, we can travel anywhere and never fear losing ourselves. Even when we have no idea where we are."

I Feel Jealous

Feelings and Emotions: Feeling Sad

I'm Feeling Jealous

Sometimes We Feel Jealous

Tame Your Emotions: Feeling Jealous

Young learners are exposed to the feeling of jealousy in this volume designed to help them handle tough emotions. Within the accessible main text, readers discover how to identify their feelings of jealousy and deal with them in a healthy and constructive manner. They also learn how to develop empathy as opposed to letting jealousy cause problems in their relationships. Through short sentences composed with clear, achievable language, this important Social and Emotional Learning concept is highlighted for early learners. Full-color photographs and a detailed glossary also add extra insight into this topic.

This is the definitive box set

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collection all 10 titles available in the Feelings series. Helping young children develop skills to identify and manage their feelings leads to an increase in confidence, self-esteem, and an optimistic and hopeful state of mind--creating a healthy emotional foundation. Each book features a page of parents' notes written by a child psychologist.

A bear cub describes situations that make her jealous: when someone has something she wants, when someone is good at something she wants to be good at, and when someone else gets all the attention.

Join the ColorFeeling animal friends as they use color to explore their feelings. Written in a clear and straightforward manner with vibrant illustrations, the ColorFeeling series is a fun way for children to build a healthy awareness of their feelings. To help reinforce the message, each book contains interactive exercises and worksheets. In this book, children will learn how to identify the physical sensations of feeling jealous, explore typical situations where they might be

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prone to feel jealous, and develop coping skills to manage their jealousy more effectively.

Feeling Jealous

How are you feeling today?

The Feelings Series

When I Feel Jealous

Polyamory and Jealousy

Young children experience many confusing emotions in their early years and I feel Sad looks at sadness, in light-hearted but ultimately reassuring way. This picture book examines how and why people feel sad, illustrates scenarios of people feeling sad and upset, and the best way to deal with it with age-appropriate content.

Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with being sad. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

Do insecurities and a lack of self-confidence keep you down? Do you feel inferior and worthless compared to others? Good news: you CAN turn the sinking ship of negative feelings around. Emotional insecurities can be changed and improved by understanding the nature of the emotions and learning the pathways to

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handle them. Everything you now perceive to be impossible is achievable. You just have to learn how to overcome your limiting beliefs. Chase away your fears and smash your obstacles with the power of emotional stability. Tame Your Emotions is a collection of the most common and painful emotional insecurities and their antidotes. Even the most successful people have fears and self-sabotaging habits. But they also know how to use them to their advantage and keep their fears on a short leash. This is exactly what my book will teach you - using the tactics of experts and research-proven methods. Emotions can't be eradicated. But they can be controlled. * How to control your thoughts to take remarks less personally. * How to handle disadvantage or highly adverse conditions. * How to use your personal strengths to your advantage. * Develop the ability to connect with others - despite social anxiety. Fear tells you that you're on the path of improvement. *Heal your emotional insecurities with three simple, 5-minute exercises. *Control hypersensitivity. *Identify and ditch the worst forms of emotional insecurities: arrogance, aggression, and overconfidence. *Learn to help your partner with his or her insecurities. Understanding and

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learning to control our emotions open up the gates of a happy and balanced life. Emotional stability gives you a peace of mind. You rarely lose your temper and don't hurt yourself or those around you so often. You will understand your emotions better thus you'll know the right response to them - rational responses not impulsive ones.

PICTURE STORYBOOKS. A Book of Feelings stars a brother and sister, Sam and Kate, and their dog, Fuzzy Bean. Sam and Kate know what makes them happy: cuddling Mum, reading a story with Dad, swimming, running and dancing ... lots of things. But they don't feel happy all the time (nor does Fuzzy Bean), and in the course of the book we see them feeling grumpy, embarrassed, shy, nervous, frightened, sad and jealous. Both words and pictures portray the children in many different situations at home and at school, and show how they change over time, how emotions can escalate, and how people can help each other. Amanda McCardie's supremely subtle and sensitive text is as alive to the nuances of children's behaviour as Salvatore Rubbino's amazing pictures. Ages 0+

In the next installment of the delightful Honeycake book series, Nala's mom and papa

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are celebrating the birth of their newborn son. But, when baby Luka receives so many presents and all the attention, Nala becomes angry and green with envy. This book teaches children the importance of gratitude and how to focus on what matters most in life. Showing gratitude is a great way to find balance in the materialistic culture we live in today. With the help of her grandmother, Nala learns the importance of gratitude and how being thankful for all the wonderful things she has in her life equips her with a powerful tool to make those icky feelings of jealousy from the “Green-Eyed Monster” disappear.

Envy and Jealousy

Understand Your Fears, Handle Your Insecurities, Get Stress-Proof, And Become Adaptable

Tame Your Emotions

Let Go of Jealousy

Jealous Ninja

This picture book story explores feelings of sadness using everyday situations that children might be familiar with. This book shows different reasons why young people might be feeling sad and gives advice on how to cope with this feeling or help others who are feeling sad. Ideal for home or classroom,

this book contains notes for parents and teachers with suggestions of ways to help children deal with feeling sad. Illustrated by the ever-popular and award-winning illustrator Mike Gordon, this book is part of a series of stories about feelings and emotions for 4 to 8-year-old children, which help children to understand their feelings and work out the best way to deal with them. This will boost their self-esteem and reinforce good behaviour. They support the Personal, Social and Emotional Development Area of Learning in the Early Years Foundation Stage. Other titles are: Feeling Angry, Feeling Frightened, Feeling Jealous, Feeling Shy and Feeling Worried

Can show-and-tell day be saved? It's show-and-tell day at school, and Sam and his friends are feeling lots of emotions. He wonders why he feels flippy in his tummy. And why is Alex stomping his feet? And does Hudson usually have such a big grin? After several unchecked feelings threaten to ruin the big day, Sam and his friends start to learn how to give each emotion a name and ask God to help them remember that "a feeling is just a feeling—it's not in charge of you." In a world where kids are dealing with everything from sibling rivalry to bullying,

divorce to tragedy, What Am I Feeling? offers a biblically grounded way for children to verbalize their feelings, develop empathy and self-control, and understand their wonderful God-given emotions. BONUS! Also includes a pull-out feelings chart for your wall! Go to bhkids.com to find this book's Parent Connection, an easy tool to help moms and dads (or anyone else who loves kids) discuss the book's message with their child. We're all about connecting parents and kids to each other and to God's Word.

Each book looks at different scenarios provoked by a different set of feelings, and provides information to help them positively deal with each. Extensive research will be carried out with children and experts, with text built around their responses. In this series, difficult emotions and issues are treated seriously, sympathetically and constructively through an accessible illustrative approach.

Young children experience many confusing emotions in their early years and I feel Jealous looks at the emotion jealousy, in light-hearted but ultimately reassuring way. This picture book examines how and why people get jealous, illustrates scenarios of people behaving in a jealous way, and the best way

to cope with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with jealousy. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

Sometimes I Feel Jealous

Jealousy

I Feel Angry

I Feel Frightened

Everybody Feels Jealous!

Stop making yourself miserable! Envy and jealousy are both unpleasant emotions. We feel rotten when we have these feelings. But they're also perfectly normal human emotions. We all feel envious and jealous sometimes. Scientists tell us that all our emotions trigger responses inside our bodies and minds. We can learn a lot from those responses. Envy and jealousy could be signs that we need to pay attention to something that's going on in our lives. We may need to make some changes. We don't have to let these feelings control us and make us miserable! Instead, we can learn from them—and take action. Find out how inside this book!

A bear cub describes situations that make her jealous: when someone has something she wants, when someone is good at something she wants to be good at, and when someone else gets all the

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attention. "Jealousy is a prickly, hot, horrible feeling. I don't like feeling jealous, but—everybody feels jealous sometimes." The little bear finds ways to make herself feel better—she talks to someone about how she feels and then does something pleasant—and soon the jealous feeling goes away. An author's note for parents and teachers is included.

"How do you deal with jealousy?" It's the first question many people ask when they hear about polyamory. Tools for dealing with jealous feelings are among the most basic resources in a well-equipped polyamory toolkit. Eve Rickert and Franklin Veaux, authors of the popular polyamory book *More Than Two: A Practical Guide to Ethical Polyamory*, present *Polyamory and Jealousy*, part of the *More Than Two Essentials* series. The essentials take sections from *More Than Two*, expand on them, and present them in a practical, easy-to-use format that can be read in a single sitting. In this booklet, you will find pragmatic ways to handle feelings of jealousy when they arise. You'll learn tools for identifying jealousy, strategies for decoding what it means, and hands-on advice for dealing with it before it undermines your relationship. If jealousy is a problem for you or someone you love, this companion to *More Than Two* offers a path through the wilderness. Why do we get jealous? What certain things do we get jealous about? These questions and more

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are addressed in this important text about having feelings of jealousy. Young readers are introduced to Green Eyed Bunny, who helps them navigate such a complex emotion. In this age-appropriate and relatable main text, readers learn to recognize and evaluate their own instances of jealousy. The fun, comic book design, creative illustrations, and full-color photographs add an appealing artistic element to this important topic, which teaches readers how to become more aware of their own feelings and how they express them.

A More Than Two Essentials Guide
Why Am I So Jealous and Insecure
I Feel Sad

Jealous

Young children experience many confusing emotions in their early years and I feel Angry looks at the emotion anger, in light-hearted but ultimately reassuring way. This picture book examines how and why people get angry, illustrates scenarios of people behaving angrily, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children deal with anger. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

Each book in this series looks at a different emotion commonly experienced by young children. The books help readers to identify their emotions, and provide tips and advice on how best to express and deal with them.

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Young children experience many confusing emotions in their early years and I feel Frightened looks at the emotions of bring scared and frightened, in light-hearted but ultimately reassuring way. This picture book examines how and why people get frightened, illustrates scenarios of people being frightened and scared, and the best way to deal with it with age-appropriate content. Ideal for home or the classroom, this book contains notes for parents and teachers with suggestions of ways to help children cope when they are frightened. Filled with colourful illustrations by the every-popular, award-winning illustrator Mike Gordon.

Cute photographs of animals showing emotion, combined with simple text, explains to children how to understand and deal with their own emotions Coming across emotions for the first time, children might think they are the only ones to feel this way. These books will help children to understand that feelings and emotions are universal and that they needn't be overwhelming. With the help of fun photographs of animals showing their emotions, children will start to recognise the different types of emotion and learn easy ways to manage them. The titles in the Tame Your Emotions series are great for sharing with children and encouraging them to talk about their emotions. By talking through their feelings, children will gain confidence and boost their self-esteem, being able to understand and take more control of their behaviour. Each book contains notes for parents and teachers with suggestions for ideas and activities to develop a deeper understanding. They support the Personal, Social and Emotional Development Area of Learning in the Early Years Foundation Stage and are also suitable for use with KS1 children.

A Social, Emotional Children's Book About Helping Kid Cope with Jealousy and Envy

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Atlas of the Heart

"This picture book helps kids understand and let go of their jealousy with effective strategies and practical tools like focusing on what they can do to feel better and thinking helpful thoughts"--