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## Joost is Happy (Paperback)

By Joost Van Der Leij, Frank Zuithof

Attrakt B.V., Netherlands, 2011. Paperback. Book Condition: New. 216 x 210 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.When at the age of thirty I learned how to deal with my emotions for the first time my immediate reaction was: I should have known this when I was fifteen - this could have prevented a lot of personal misery. The truth is that I should have learned how to handle them much earlier in life. In Joost is happy: talking with young kids about emotions children are taught how they can handle their emotions effectively from an early age on. The consequence is that kids react as follows: It was not so bad that Joost was in a fight because it made him look funny, says Meintje (5). When I feel something like a black circle in my tummy it means I am angry and I take it out, turn it round and it becomes a purple-pink circle. I make the pink go round and round. Then I put it back into my tummy and I feel all happy again! The donkey-ears I liked best! At school when a kid is nasty to me I imagine her...



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