



Four Stories for Helping Little Cat with His Feelings

Authors: Audrey Bouquet (Text) - Fabien Öckto Lambert (Illustrations)

Publisher : Langue au Chat

Category : Children's Books

Genres : Babies/Toddlers/Board Books

Keywords : Sophrology - Emotions - Sex

Sophrology exercises to help Little Cats who are angry, selfish, upset, or in love handle their feelings!

In this handsomely produced collection of 4 stories with beautiful illustrations by Fabien Öckto Lambert, emotions are discussed with humour and creativity.

The author is a sophrologist and can help children to understand and deal with their emotions, with advice and solutions that little ones can implement in their everyday life.

Sophrology gives children easy and funny tips to manage and overcome their emotions. It brings them self-confidence by discovering their super-powers!

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