



Date : 06/09/2023

Pages : 225

Format cm : 19 x 26

Prix : 28.0

EAN : 9782203281202

## Emotional

A Journey Aboard the Mind

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Author: Sandrine Martin (Text/illustrations)

Publisher : Casterman

Category : Comic Books and Graphic Novels

Genres : Non-Fiction

Keywords : Personal development - Emotions - Humor - Self-confidence - Family

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A playful story for a better understanding of the emotions that go through our heads!

Poking good-natured fun at the clichés of self-help books, Sandrine Martin holds up a playful mirror, inviting us to question ourselves just as her characters do: how do we understand our emotions? And how can we better embrace them in order to overcome the inevitable doubts of everyday life?

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