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The Monsters Inside

Belinda O'Brien

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The Monsters Inside Belinda O'Brien

Do you have monsters inside you? Jack does. They always want to come out whenever he gets angry or upset. What can Jack do to stop his monsters from ruining his day? Featuring rhyming verse and fantastic illustrations, The Monsters Inside will help your little monsters to manage their big feelings.

A Beautifully Illustrated, thirty-two page, Children's Picture Book, for children aged 2- 7 years. The Monsters Inside follows a day in the life of a little boy named Jack as he explores and develops a technique, to help him rid of the monsters that make him sad, mad, annoyed and frustrated. The breathing technique that is offered throughout the story, is one that we use as adults to manage these same emotions. The rhythmic value of the book, makes it easy for children to read along and remember what to do when these situations arise; throughout their early childhood development. The story is delivered through a relatable and strong rhythmic text and is very easy for children to comprehend.

A must read for all children.

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