



## Steps and Stones: An Anhs Anger Story

By Gail Silver

Parallax Press. Hardcover. Book Condition: New. Christiane Kromer (illustrator). Hardcover. 40 pages. Dimensions: 11.3in. x 8.6in. x 0.5in. When Anhs friends leave and he feels left out at school, his anger shows up to keep him company. Anhs, the protagonist of Gail Silver's previous book *Anhs Anger*, is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. By counting his steps and coordinating them with his breathing, Anhs is able to slow down and take his anger for a peaceful and magically transformative walk. Reach and Teach.com called *Anhs Anger*, "One of the best books we've ever seen on the issue of dealing with anger." The *New Yorker* review highlighted how the book uses deep breathing to regain control during a tantrum. And Zen Master Thich Nhat Hanh calls the *Anhs Anger* series, a wonderful gift for both children and adults who want to learn how to turn unhappy situations into joyful ones. *Steps and Stones*, the second of the *Anhs Anger Story* trilogy, will help children learn to understand the causes of their own strong emotions, and teaches...



**READ ONLINE**

[ 3.1 MB ]

### Reviews

*It becomes an incredible book that we actually have possibly study. It really is rally exciting throug studying period of time. I am very easily could get a satisfaction of reading through a written book.*

-- Gianni Hoppe

*A really awesome pdf with perfect and lucid reasons. It is actually rally fascinating throug reading period of time. Your lifestyle period will probably be transform as soon as you total looking over this ebook.*

-- Alford Kihn

---

## Other Books



### **The Mystery at Motown Carole Marsh Mysteries**

Carole Marsh Mysteries. Paperback. Book Condition: New. Randolyn Friedlander (illustrator). Paperback. 32 pages. Dimensions: 11.1in. x 8.7in. x 0.0in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and...



### **Multiple Streams of Internet Income**

Wiley. Hardcover. Book Condition: New. Hardcover. 279 pages. Dimensions: 9.3in. x 6.2in. x 1.2in. Praise for MULTIPLE STREAMS OF INTERNET INCOME If ever the world needed some help to succeed on the Internet, this is the moment. Robert Allens new book is just in...



### **The Whale Tells His Side of the Story Hey God, Ive Got Some Guy Named Jonah in My Stomach and I Think Im Gonna Throw Up**

B&H Kids. Hardcover. Book Condition: New. Cory Jones (illustrator). Hardcover. 32 pages. Dimensions: 9.1in. x 7.2in. x 0.3in. Oh sure, well all heard the story of Jonah and the Whale a hundred times. But have we heard it from the perspective of the...



### **The Poems and Prose of Ernest Dowson**

Book Jungle. Paperback. Book Condition: New. Paperback. 200 pages. Dimensions: 9.2in. x 7.5in. x 0.5in. The Poems and Prose of Ernest Dowson The Project Gutenberg EBook of The Poems And Prose Of Ernest Dowson by Ernest Dowson et al Copyright laws are changing...



### **The Puzzle of the Indian Arrowhead Three Amigos**

Gallopade International. Paperback. Book Condition: New. Paperback. 54 pages. Dimensions: 7.3in. x 5.2in. x 0.3in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...



### **The Voracious Volcano Mystery Masters of Disasters Numbered**

Gallopade International. Paperback. Book Condition: New. Paperback. 118 pages. Dimensions: 7.3in. x 5.1in. x 0.6in. When you purchase the Library Bound mystery you will receive FREE online eBook access! Carole Marsh Mystery Online eBooks are an easy, effective, and immediate way to read...