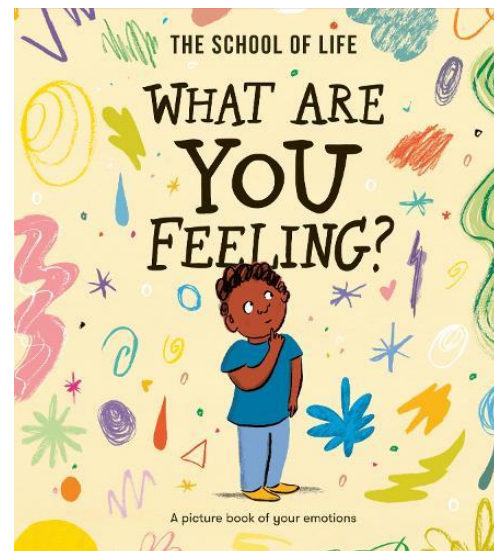


Teacher: Cho Sum Wing
Book's title: What Are You Feeling?
Author: The School of Life
Publisher: The School of Life

Sharing:

What Are You Feeling by The School of Life is a thoughtful exploration of human emotions. It aims to help readers identify, understand, and manage their feelings in a healthy way. The book is designed to guide readers toward greater emotional awareness, which is crucial for mental well-being and building meaningful relationships.



This book explores a wide range of emotions that everyone experiences, such as happiness, anger, sadness, fear, and love. It discusses how emotions influence our thoughts and actions and provides strategies for dealing with difficult feelings. Through clear explanations and relatable examples, the book encourages readers to be more in tune with their emotional states and develop emotional resilience.

One of the key strengths of this book is its approachability. It simplifies complex emotional concepts, making them accessible and easy to grasp. The writing style is gentle yet insightful, helping readers feel understood and supported. The book also offers practical advice on how to accept and process feelings constructively, which can reduce stress and promote mental clarity. Its design and illustrations make reading engaging and enjoyable, especially for those new to the topic of emotional intelligence.

What Are You Feeling is particularly suitable for you all because you are at a stage of life where emotions run high, and understanding feelings can be challenging. Many of you may struggle to express yourselves or deal with mood swings, peer pressure, and self-identity issues. It provides valuable guidance on recognising and naming emotions, which is the first step toward emotional maturity. It helps teenagers like you all develop empathy and self-awareness, essential skills for healthy relationships and personal growth. Also, the language is straightforward, making it accessible for young readers while offering wisdom that can benefit everybody. It encourages reflection and emotional regulation, empowering you to navigate your feelings confidently.

What Are You Feeling by The School of Life is a highly recommended book for anyone wanting to better understand their emotions. It offers practical insights in a compassionate way, making it especially valuable for teenagers like you, who are learning to manage your feelings and build emotional strength. It is an engaging and helpful guide to emotional health that readers of all ages, especially teenagers, can benefit from.