



Ina Victoria Haller  
Thomas Hjorthaab



## Book of Thoughts: I think, therefore I feel

### Tankebogen: Jeg tænker, derfor føler jeg

Thoughts and emotions are inextricably linked. What we think creates our emotions and affects our mood.

**Ina Victoria Haller** offers a series of books that turn reading with children into a fun and educational activity.

**Thomas Hjorthaab** is a well-known Danish children's book illustrator whose art style is known to be funny, punk and bursting with emotion.

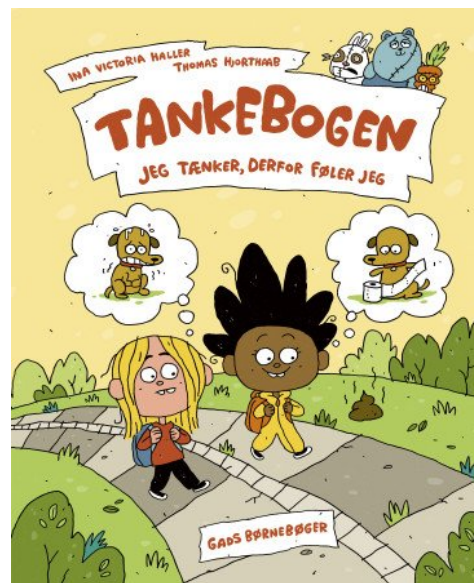
## SYNOPSIS

Pleasant thoughts cause pleasant feelings and unpleasant thoughts cause unpleasant or difficult feelings. In other words, it's not always the situation you're in that triggers your emotions, but what you think about the situation.

Through this non-fiction book for children, you will experience a number of more or less neutral situations together with the two main characters that trigger completely different emotions in the two children. The hope is that by reading the book and talking about the story with an adult, children will understand the connection between thoughts and feelings. Such understanding is an important part of understanding their own and others' feelings and actions.

## REVIEWS

"Well-written and easily comprehensible story which can form the foundation for a good conversation about the interplay between thoughts and emotions. The questions and tasks are simple and are a good help in deciding what you - as an adult - should focus on along the way." – (Lektørdtalelse (Library review)



Original Language: *Danish*

Original Publisher: *Gads Forlag*

Published: *September, 2024*

48 pages

Category: *Children's Books*

Sub-category: *Picture Books (5-8 years)*

Genre: *Non-fiction*

Available material: *English sample upon request*

## Territories Handled

World except: Danish