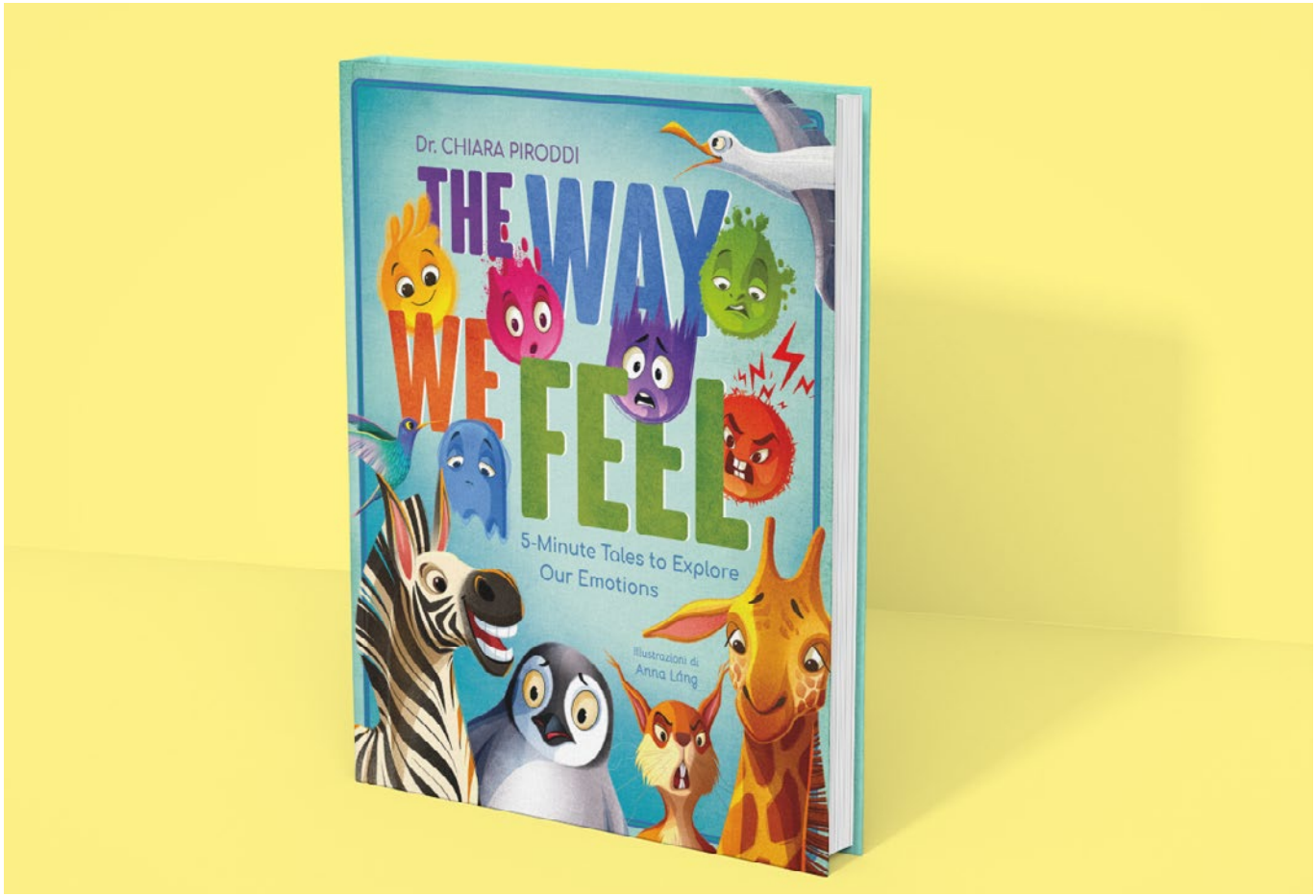
whitestar kids

THE WAY WE FEEL
5-MINUTE TALES TO EXPLORE OUR EMOTIONS

ILLUSTRATIONS BY ANNA LÁNG - TEXT BY CHIARA PIRODDI

128 PAGES | 21 X 26 CM | 8.3 X 10.2 IN | HARDCOVER | APPROX. 6,300 WORDS-36,000 CHARACTERS | AGE: 4+



The Way We Feel is a valuable book to help young children recognize, name, and understand their emotions through simple, illustrated stories. **The six primary emotions**—joy, anger, sadness, fear, disgust, and surprise— **become the narrating voices of three stories each**, every one of them featuring a little protagonist struggling with a new and intense feeling that needs to be learned and managed. From the roars of an angry lion cub to a baby bird's thrilling first flight, each story helps children understand how emotions arise and how to develop emotional intelligence. Written with the support of a child psychologist, this book provides practical insights for both children and adults, making it an **essential tool for emotional growth**.

Anna Láng attended the Hungarian University of Fine Arts. She is one of White Star's best-selling illustrators. She lives and works in Italy as a freelance graphic designer and illustrator.

Chiara Piroddi is a psychologist and an expert in neuropsychology, with a specialization in evolutionary cognitive psychotherapy.

Key Selling Points

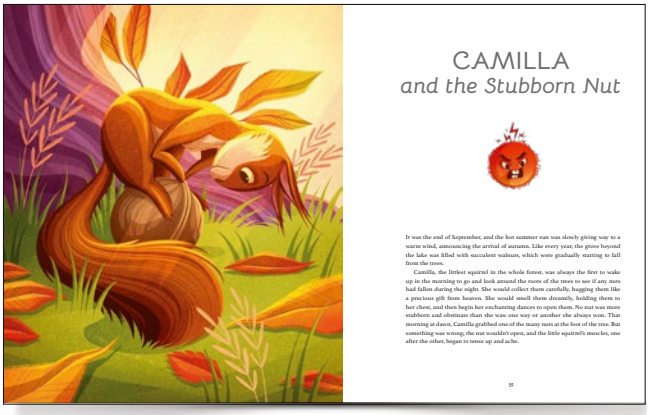
- **5-minute stories that can be read** before bedtime or **anytime a new emotion needs to be addressed**.
- **18 illustrated stories** featuring animal protagonists, making each tale engaging and fun.
- **Content supervised by a psychologist** for an effective and scientifically-based approach.
- Thanks to cult animated films, the **topic of emotions is back in trend**.

Publication date
Spring 2026

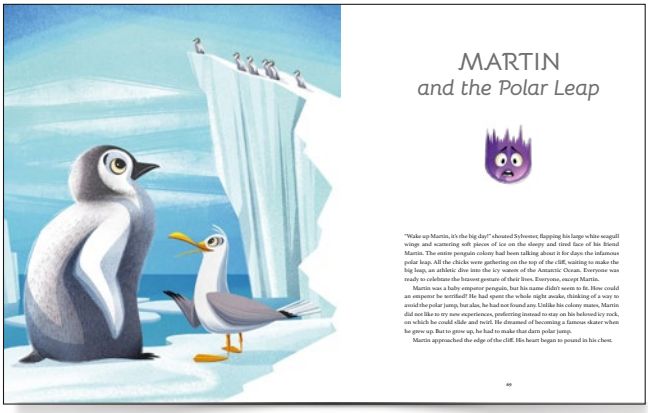
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NEXT IN THE SERIES (2027)

