

## Recommended Reading

Review written by:

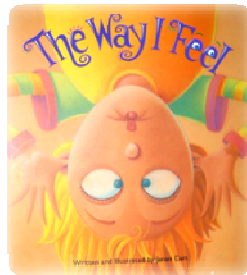
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### “The Way I Feel”

Written and Illustrated by: Janan Cain



If you're looking for a book that you might use as a tool to support your clients in their journey towards discovering and understanding emotions, Janan Cain's "The Way I Feel" will definitely supplement your work as a therapist. Cain's illustrations are absolutely visually enchanting; the pictures are stark and colorful. With each page that is turned, a new "feeling" appears, which not only touches on emotions but also gives concrete, physical examples. The page that discusses "scared," for instance, portrays a child in a darkened room; her hair standing straight up. Crazy streaks of lightning are visible through the window, and the passage reads:

"I'm shaking because I'm scared,  
All alone in the dark at night.  
The thunder and lightning crash and roar!  
Hold me close and turn on the light"

Not only is this book a great tool that can be used in sessions, but it is also a great guide for therapists who may be looking for tips on how to discuss "feelings" and "emotions" in straightforward, concrete terms.