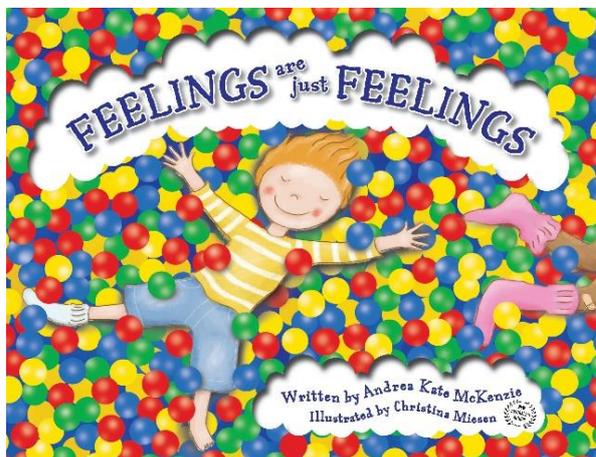


FEELINGS are just FEELINGS

Written by Andrea Kate McKenzie – Illustrated by Christina Miesen



WE HAVE A SECRET LITTLE RECIPE FOR FEELING YOUR BEST...

To put kindness, empathy, resilience and sharing your feelings to the test!

Feelings are just feelings that can at times challenge, overwhelm, confuse, or upset us.

In this fun, rhyming and engaging picture book, you will discover lots of simple strategies, tools, and techniques to overcome tricky feelings and situations at home, school and through life as you grow up big and confident.

"A topical, thought-provoking book for young kids and parents to discuss and understand together. Well done and I feel really good about this...!"
Donna, Indie Book Reviewer

ISBN	9781922751676
Publication Date	MAY 23 2022
Format	Paperback
Audience	Children
For Ages	4 - 12
Location	Sale, VIC

Price available on our site.



AUTHOR BIO

Andrea is from a small country town in Victoria. She is a loving wife and a mother to three beautiful children. As an Early Childhood Educator since 2006, Andrea has a passion for instilling love, kindness and resilience in all children. She enjoys playing defense in social netball and camping with her family while loving to laugh, dance, take photos and spend time with her friends and large close-knit extended family. She finds great peace and happiness watching the clouds and sunset skies!

This is her first published book.

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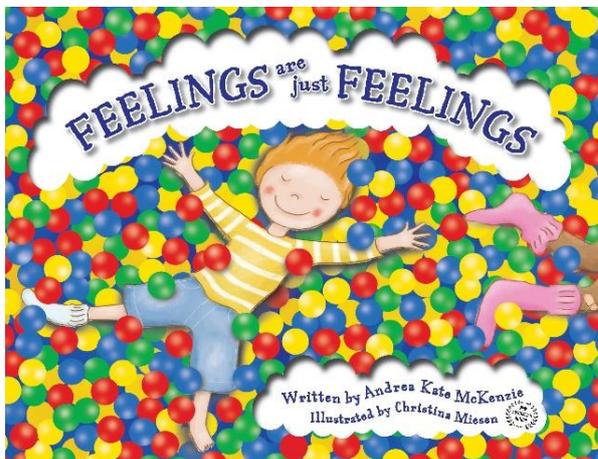
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A CONVERSATION WITH THE AUTHOR

WHY DID YOU WRITE 'FEELINGS ARE JUST FEELINGS'? WHAT WERE YOUR INSPIRATIONS?

Having three beautiful children of our own to raise, in such a very different modern & technical world than when we grew up was definitely a driving factor. Constantly I'm hearing of the concerning rise in childhood and adolescent mental health disorders, including depression and juvenile suicides, which absolutely distresses me! I believe the strategies included in my book are fundamental to instil in children from a very young age...

As a young child and until perhaps year 11, I was quite shy and struggled with self-confidence. Many of these strategies helped me cope through my schooling years and others I learnt through professional counselling with a psychologist, after developing postnatal depression. Which left me wondering, if I had known these coping/ management/ good health strategies earlier in life, would I have developed the depression in the first place...?

WHAT DREW YOU TO THE SUBJECT MATTER OF THE BOOK AND ALSO THESE CHARACTERS WITHIN?

I wanted self-help, kindness and resilience to be taught to children from a very young age as I feel this is lacking in the younger generations and they are important aspects of a well-rounded human being.

WHAT WAS THE BIGGEST CHALLENGE WHEN WRITING THE BOOK?

Giving advice and coping strategies that were simple yet affective, without being too long. And also being able to fit everything that I wanted to say in the book, so it was the complete package!

WHAT WAS AN EARLY EXPERIENCE WHERE YOU LEARNED THAT LANGUAGE HAD POWER?

I'm sure there were many of them as a young child but one that stands out was during an English class in year 11 or 12. Our teacher was frustrated with majority of the class and made us all repeat this degrading phrase one by one... I was up the back and when it got to me, I let her know my displeasure regarding her exercise. While I don't remember the exact words used, I know I felt nervous - as though I may get in trouble for my comment (as it was rather out of character for my quiet and studious self!). The teacher just laughed at me and said, "Oh Andrea!". From then on, I learnt I had a way with words when delivering negative information, it didn't come off as offensive.

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