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Color Your Emotions: Dealing with Big Feelings by Sarahndipity Johnsen

About the Book

"The best and most beautiful things in the world cannot be seen or even touched – they must be felt with the heart." - Helen Keller

Need help dealing with big feelings? Some days you may feel like an Optimistic Ostrich, while at other times it may seem easier to be a Pessimistic Platypus. Emotions are wonderful guides, and when processed successfully they can support health, well-being, and satisfaction.

By being aware of your thoughts and feelings, you are better equipped to understand them and express them appropriately. Included within the pages of this ABC coloring book are 26 Tools for Emotional Well-Being.

What color are your emotions?

Gain new communication tools via friends like the Frustrated Fox, Happy Hedgehogs, Excited Elk, Optimistic Ostrich, and the Pessimistic Platypus.

About the Author

As an award-winning educator, international entertainer, and philanthropist, Sarahndipity delights in crafting programs designed to inspire and enthuse. While obtaining her M.Ed., a fire lit within her inspiring books, albums, videos, curriculum, and live events. She loves collaboration and has joyfully co-created with Beats Antique, Bonnie Raitt, Taj Mahal, Buddy Guy, Joe Cocker, The Motet, and many other amazing artists. She's even fire danced as a Pirate in the Caribbean. She and her husband share their love of music and dance through the airwaves of KAFM.

Marketing

- Appears at numerous festivals & events in-person throughout the year
- Album, *Animals Get Funky!*, widely available via popular streaming apps
- Public library *Kick Off to Summer Reading* entertainment
- National book chain outreach campaign
- Public library campaign
- Online blog and librarian review outreach
- Varied social media platforms
- Offers online multi-disciplinary curriculum
- Published three new titles in 2019 and set to publish in 2020
- YouTube video creation with puppetry

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