



Steps and Stones: An Anhs Anger Story

By Gail Silver

Parallax Press. Hardcover. Book Condition: New. Christiane Kromer (illustrator). Hardcover. 40 pages. Dimensions: 11.3in. x 8.6in. x 0.5in. When Anhs friends leave and he feels left out at school, his anger shows up to keep him company. Anhs, the protagonist of Gail Silver's previous book *Anhs Anger*, is a typical and easy-to-relate-to elementary school-age boy. His anger, personified as a red hairy impulsive creature, teaches him some valuable lessons about not getting carried away by his strong emotions. By counting his steps and coordinating them with his breathing, Anhs is able to slow down and take his anger for a peaceful and magically transformative walk. Reach and Teach.com called *Anhs Anger*, one of the best books we've ever seen on the issue of dealing with anger. The New Yorker review highlighted how the book uses deep breathing to regain control during a tantrum. And Zen Master Thich Nhat Hanh calls the *Anhs Anger* series, a wonderful gift for both children and adults who want to learn how to turn unhappy situations into joyful ones. *Steps and Stones*, the second of the *Anhs Anger* Story trilogy, will help children learn to understand the causes of their own strong emotions, and teaches...



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