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**The Little Book Of Bad  
Moods A Cathartic  
Activity Book By Lotta  
Sonninen Piia Aho**

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*Lotta Sonninen 9781526609892. The*  
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**you?ll ever need'**

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those minor daily annoyances include  
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It b gt Name'

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in a bad mood Let?s face it  
motherhood gives you SO many**

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stretch marks to toddler rage to  
teenage sulking ? it?s as if your  
little or not so little darlings seem to  
have been put on this earth just to  
drive you up the wall'**

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children were young we had a  
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and physical disturbances like changes in eating habits sleep patterns and body motion either speeded up or slowed down dominate the picture While being in a bad mood or feeling low from time to time is normal major depression needs medical treatment'

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picture book you've heard a million times And then he said this? And then I did this? And then I messed up?

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part of life And they are especially  
mon in adolescence and the teen years  
as hormone levels ebb and flow Yet  
persistent bad moods aren t healthy  
for you or those around you And  
sometimes once you get used to being  
in a bad mood the habit is difficult to

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