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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*  
*Little Book of Bad Moods Book by*  
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little or not so little darlings seem to  
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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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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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# break What Causes My Bad Moods'

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