

We are so excited to share with you the new cover of our latest book **LET IT GO!** The Wildling Books teams cannot wait to get this new book into homes, schools, kindergartens and libraries around the country and the world. If you loved 'Aroha's Way' then we think you will absolutely LOVE this one too!

★★★★★ *"This book helps children better understand how to let go of the shame and blame associated with angry actions. Absolutely magic!" - Kylie Johnston, Heart Centred Coach*

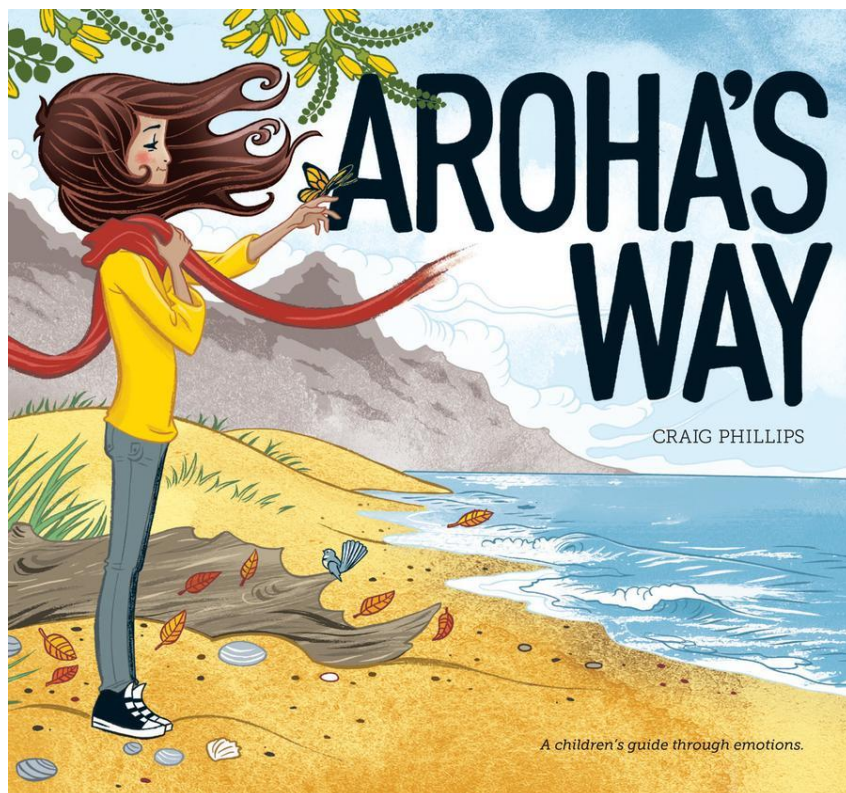
★★★★★ *"I can't even deal with how much I love this book! It's GORGEOUS! I wish I'd had it when I was a kid." - Nicola*

We keep getting asked if you can pre-order it yet, so we now have that option and urge you to get your orders in quickly as we have a limited number of books arriving in our first shipment. Books will be arriving end of May/early June (exact date to be confirmed closer to the time).

Pop over to the website and have a read about what the book is about and we will add more

images as soon as we can. Thank you all for your amazing support of our business! We couldn't do what we do without YOU! Kia mihi!

PRE-ORDER: WILDLING BOOKS



Aroha's Way - A Children's Guide through Emotions

Price \$19.95

BACK IN STOCK!

Aroha's Way is a bestselling picture book for children around uncomfortable emotions; fear, apprehension, worrying thoughts and nervousness with ways to manage them.

Here are just a few reviews:

★★★★★ "My five-year-old boy enjoyed the book upon first reading. The next day, I found him reading the book by himself during a stressful moment: "I'm looking for one of Aroha's Ways to calm myself, Mum." Clearly, the message got through. Thank you!" Paula

★★★★★ "A beautiful, precious book, easy to follow and written in a way that is understandable and relatable. My 3 almost 4-year-old moko enjoyed it, and it created further kōrero and questions between us. I wish there were books like this when we were growing up!" Keriana

★★★★★ "My 7-yr old struggles with anxiety - so much so that it affects her breathing every time she gets slightly stressed. We had previously tried talking it through and belly breathing exercises. But it took this book - and Aroha showing her the way - before she really opened up and practiced these techniques. The book is such a beautifully written and illustrated piece - it's easy for both of us to read. The notes at the back really got the conversation flowing too. Thank you for this book. I was finding it difficult to get through to my daughter. Obviously she needed to see it through Aroha's eyes first to normalise her own emotions." Kim

About the book:

Come along on a journey with Aroha, as she wards off nervousness, fear, worrying thoughts and apprehension, with simple, yet effective tools that everyone can use.

From award-winning New Zealand author and illustrator, Craig Phillips, creator of The Adventures of Jack Scratch and Giants, Trolls, Witches, Beasts (winner of the Russell Clark Award for Illustration at the New Zealand Book Awards 2018).

"Aroha's Way is a beautiful, descriptive and relatable book – an important book – helping children to normalise, understand and even develop their own tools for dealing with their feelings." – Jenny Palmer, Author of Feel a Little.

This beautiful picture books takes children on a journey through emotions associated with anxiety and shows simple yet effective ways to help manage them. Aroha shows children a tool that she uses for each emotion which includes; movement or exercise, belly breathing or diaphragmatic breathing, mindfulness and connecting with others and sharing our worries.

At the back of the book, there is a section for parents and/or teachers to explore the tools in more depth. This section expands on the beautiful poem and opens up conversations with our children. Asking questions around those emotions to make it easier for children to recognise the emotion, and then a simple way to manage it.

At Wildling Books we believe these tools will be invaluable for children and can be used for a lifetime.

We would like to give a big THANK YOU to [Like Minds, Like Mine](#) in helping to make this book possible.

Download our FREE A2 poster of Aroha's Belly Breathing for your home, school, kindy or workplace ... [HERE](#).

Paperback - 36 pages

Size: Landscape 210x225

REVIEWS:



Dr Hinemoa Elder, MBChB, FRANZCP, PhD - *"An exquisitely moving read. This book will help empower our tamariki mokopuna."*



Jimi Hunt - *"In order to change our culture of greatly increasing mental illness, we need to tell stories ... this is one of those stories. Beautifully told and illustrated, it is another tool in the education of our young people in how to deal with emotions and increase their mental fitness."*



Dr Suzanne Henwood, mBraining4Success - *"This is a beautifully illustrated and cleverly written book to help children find a way back to calm."*

There is korero that *Aroha's Way* may soon be translated into te reo rangatira.