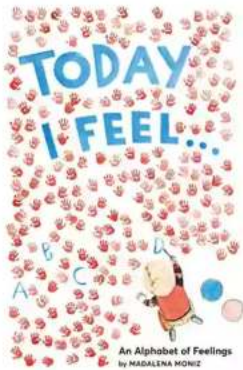


# Today Feel An Alphabet Of Feelings



Have you ever wondered why we feel the way we do? Emotions are an integral part of being human, and they play a crucial role in shaping our experiences and interactions with the world. Today, let's explore the fascinating world of feelings and take a journey through an alphabet of emotions.

## **A - Affectionate**



## Today I Feel . . . : An Alphabet of Feelings

by Madalena Moniz(Kindle Edition)

★★★★☆ 4.3 out of 5

Language : English

File size : 9729 KB

Screen Reader : Supported

Print length : 64 pages

Lending : Enabled



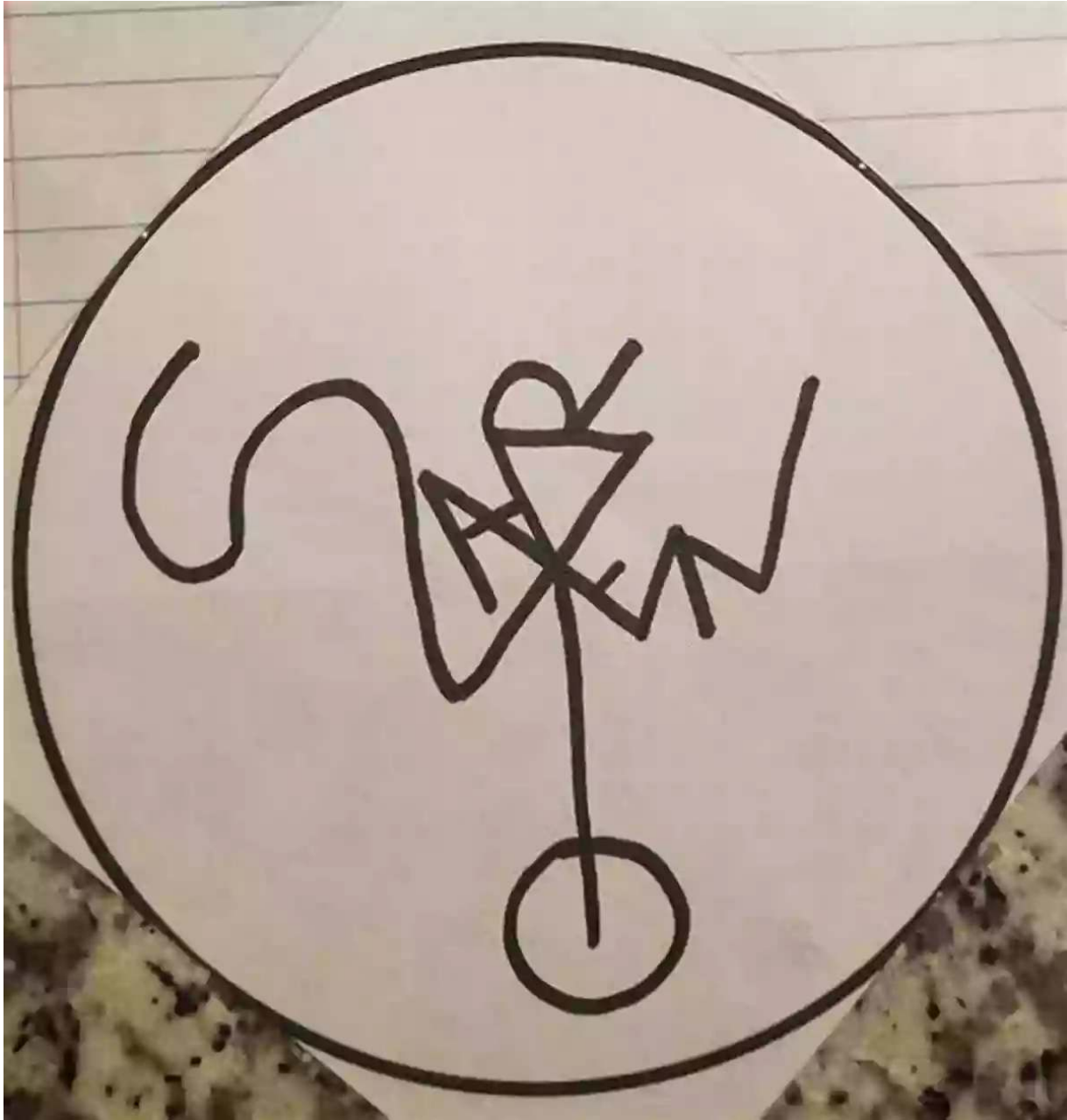
Affectionate - a feeling often associated with love, tenderness, and warmth towards someone or something. It brings out the softer side of our emotions and allows us to connect deeply with others.

## **B - Blissful**



Blissful - a state of extreme happiness or joy. It's that feeling of complete contentment and satisfaction, where worries and troubles seem to fade away, and all that remains is pure bliss.

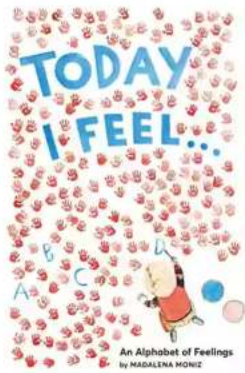
## **Z - Zestful**



Zestful - the feeling of enthusiasm, energy, and eagerness. It's that exhilarating rush that propels you forward and allows you to embrace life's adventures with full force.

Throughout the day, we experience a wide range of emotions that shape our perceptions and interactions with the world. From affectionate to zestful, each feeling brings a unique flavor to our lives and contributes to our overall well-being.

So, the next time you find yourself experiencing a particular emotion, take a moment to embrace it fully. Allow yourself to feel deeply and understand the power that emotions hold in shaping who you are and how you experience the world.



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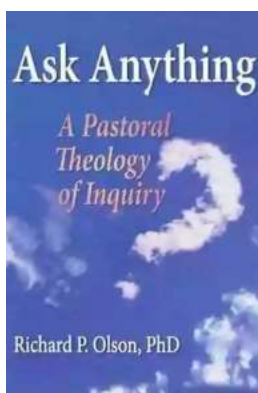
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Beautifully illustrated by Madalena Moniz's subtle watercolors, Today I Feel . . . follows a child through a whole range of emotions, from adored to curious to strong. Not all of the emotions are positive and not all of them are simple, but they are all honest and worthy of discussion with a young child.



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