



Emotional

A Journey Aboard the Mind

Author: Sandrine Martin (Text/illustrations)

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Category : Comic Books and Graphic Novels

Genres : Non-Fiction

Keywords : Personal growth - Feelings - Humor - PTSD - Incompetence

A playful story for a better understanding of the emotions that go through our heads!

Poking good-natured fun at the clichés of self-help books, Sandrine Martin holds up a playful mirror, inviting us to question ourselves just as her characters do: how do we understand our emotions? And how can we better embrace them in order to overcome the inevitable doubts of everyday life?

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