



## Move Your Mood

**Brenda S. Miles**

**Colleen A. Patterson**

**Holly Clifton-Brown, Illustrator**

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Get ready to wiggle, twist, hop, and shakety-shake your way to feeling great in *Move Your Mood!*, from psychologists Brenda S. Miles and Colleen A. Patterson. Based on the idea that exercise and movement are vital to balancing and controlling emotions, particularly for children, boys and girls are encouraged to begin the day positively with a wide range of motions and affirmations, while adults are invited to use the pictures and text as a springboard for helping youngsters to foster a better understanding of emotions, fitness, and their symbiotic relationship. Illustrations by Holly Clifton-Brown show a delightful range of agile animals moving their own heads, tails, hooves, and tentacles, proving that healthy minds and healthy bodies are just a shimmy away.

PALLAS GATES MCCORQUODALE (Fall 2016)

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