



2009

Think Happy

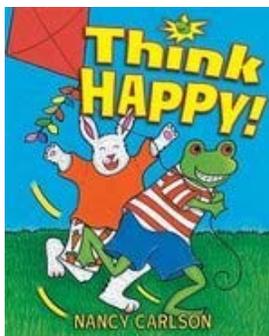
Megan Harris

Follow this and additional works at: <https://scholarsarchive.byu.edu/cbmr>

BYU ScholarsArchive Citation

Harris, Megan (2009) "Think Happy," *Children's Book and Media Review*: Vol. 30 : Iss. 1 , Article 5.
Available at: <https://scholarsarchive.byu.edu/cbmr/vol30/iss1/5>

This Book Review is brought to you for free and open access by the All Journals at BYU ScholarsArchive. It has been accepted for inclusion in Children's Book and Media Review by an authorized editor of BYU ScholarsArchive. For more information, please contact scholarsarchive@byu.edu, ellen_amatangelo@byu.edu.



Carlson, Nancy. *Think Happy*. Illustrated by Carlson, Nancy. Carolrhoda Books, 2009. ISBN 9780822589402. \$13.22. 32 p.

Reviewer: Megan Harris

Reading Level: Toddler, Preschool, Primary

Rating: Excellent

Genre: Informational books; Picture books;

Subject: Happiness--Juvenile literature; Conduct of life--Juvenile literature; Books--Reviews.;

Sometimes it is difficult to cheer oneself up when life seems blue. In Carlson's book, *Think Happy*, brightly illustrated characters outline a few ways to self soothe and think positive. Stylized pigs, rabbits, and frogs model everything from asking for help to hosting a party. Not only do the characters in the book make themselves happy, but they make those around them happy as well.

Carlson has written and illustrated nearly 50 children's books. While she has published some narrative works, her major emphasis is books with moral and mental-health related themes. Her expertise shines through in this piece as she hits upon the major elements of self soothing and coping in bright, short sentences. An excellent book for young children and emerging readers, this book teaches valuable life skills that will benefit children for years to come, and it presents them in an attractive way. The book has a loose and familiar style, created entirely in marker, with bold block letters in varying fonts. One item to be careful of is the advice that you can build happiness by looking yourself in the mirror and saying you are "cool." While self-assertion and value are beneficial, non-achievement oriented praise is discouraged by many child psychologists. It should be noted that Carlson includes images of characters finding faith at religious meetings, which may offend secular readers.

Volume 30, no. 1 (September/October 2009)