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May 04th 2012: **Feeling Safe To Share Your True Feelings**

As human beings, we have a wide range of feelings and emotions—but we don't often express them to other people. In fact, it seems almost taboo to talk about feelings in our society. If you're angry with your boss or a co-worker, you grit your teeth and pretend everything's fine. When children are crying, they're often told to "suck it up." And saying how you truly feel is usually considered rude. Karen Cuthrell says that hiding our feelings is a destructive practice that needs to be stopped. She will share valuable tips from her children's book Meet the Feeling Friends™ that has improved the q

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Featured Guest



Karen Cuthrell

Author, composer and business owner, Karen Cuthrell's passion is empowering people to express their emotions openly and honestly, particularly children and parents. Her work focuses on feelings, which are the foundation of social emotional learning. She is the author of the Meet the Feeling Friend™ book and CD and co-creator of The Feeling Friends™, 18-children's book series that transports children to Feeling Free Island, a wonderful place where children learn a feelings vocabulary. Karen's first book, Meet the Feeling Friends™ has been praised by parents, educators, clinicians and most importantly children. The Meet the Feeling Friends™ book and CD have changed lives for children and p

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