

Having A Bad Day

[#bad day coping](#) [#how to feel better](#) [#mood booster tips](#) [#stress relief techniques](#) [#overcoming negative thoughts](#)

Having a challenging day? Discover effective strategies and practical tips to help you cope with difficult moments, boost your mood, and turn your day around. Learn how to navigate negative emotions and find resilience when things feel tough.

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Alexander and the terrible, horrible, no good, very bad day

After more than forty years, still the worst day ever! Now a major film starring Steve Carrell, Jennifer Garner and Bella Thorne. Read the inspiration behind the new major film starring Steve Carrell, Jennifer Garner and Bella Thorne. He could tell it was going to be a terrible, horrible, no good, very bad day... He went to sleep with gum in his mouth and woke up with gum in his hair... When he got out of bed, he tripped over his skateboard and by mistake dropped his sweater in the sink while the water was running... What do you do on a day like that? Well, you may think about going to Australia. You may also be glad to find that some days are like that for other people too. This funny and endearing story has delighted readers for more than forty years and is the inspiration behind the upcoming film, starring Jennifer Garner and Steve Carrell.

The Handbook for Bad Days

Keep your head held high even on the bad days with 70 mindful self-care strategies to find happiness. In a time when social media encourages us to constantly highlight how great we're doing and how #Blessed life is, there seems to be little room for the inevitable truth: in every life, there are days that are NOT great. Yet decades in the self-help world have taught Eveline Helmink—editor-in-chief of Happinez magazine and a self-titled cheerleader for failure and discomfort—that true emotional growth comes from realizing that it's often on our worst days when we learn the most about what empowers, strengthens, and revitalizes us—and yes, brings us happiness. In The Handbook for Bad Days, Helmink teaches you how to take advantage of bad days as moments for self-discovery and emotional understanding. Her compassionate, no-bullshit approach encourages you to detox from the social media world and rethink your coping strategies, exploring topics such as, -The benefits of a good cry -Why, sometimes, it's okay to give up -Why a fuzzy pink cardigan and some Celine Dion is just as good as a Sanskrit mantra The Handbook for Bad Days is the ultimate guide for anyone who strives to be present, not perfect. Perfect for fans of Glennon Doyle, Elizabeth Lesser, and Krista Tippett, The Handbook for Bad Days is a call to face our worst days with courage and intentionality.

The Good Thing about Bad Days

A warming practical book full of advice, suggested activities and encouraging messages to help young children (5-9 years) express and cope with their emotions, to reassure them about handling situations and to raise their self-esteem. With a repetitive mantra that: The good thing about bad days is-that they come to an end. Space is provided for children to draw or jot down their thoughts and responses. Scattered throughout are verses from Psalms and other books of the Bible, and quotations from other sources. There is a parent section providing additional advice by Dr Claire Parsons, a Christian GP, and a list of websites and contacts as resources and support for children and parents.

Little Leo's Bad Day

This story is about Little Leo who started out having a bad day and what he did to change that day. "Leo was a six-year-old little boy that lived with his daddy. One day Little Leo woke up but was still very sleepy. His daddy said, "Buddy, it's time to wake up and get ready for school." Little Leo didn't want to but knew his daddy was right. For years it was just Little Leo and his daddy. But this day was very different. He felt it was just a bad day. Leo got up and got dressed, even though he didn't want to. He came downstairs, went to the kitchen, stomping his feet."

Bad Day

Nautilus Award Winner Popular children's book author-illustrator Ruby Roth gives us the heartening story of a little boy who's had a very bad day and just needs some quiet space to work out his feelings in his own way, on his own time What do you do when you're feeling overwhelmed? In *Bad Day*, things are not going well for Hennie. Small things loom large, going from bad to worse as the day-that-never-ends goes on. But with a deep breath and some quiet reflection, Hennie begins to make sense of his feelings and discovers the power of turning inward. Affirming and funny at wonderfully relatable moments, this timely mindfulness resource helps children process their inner lives, guiding them toward self-empowerment and resilience.

Even Superheroes Have Bad Days

"Filled with diverse characters, from caped crusaders to badly behaving villains . . . Full of action and vibrancy . . . A good way to soothe bad days away." —School Library Journal When Superheroes don't get their way, when they're sad, when they're mad, when they've had a bad day . . . they COULD super-tantrum, they COULD but they DON'T, because REAL Superheroes just WOULDN'T—they WON'T! All kids have trouble getting a grip on their emotions, sometimes—even young superheroes! But what do they do when they're having a bad day? Colorful action-packed illustrations and a dynamite rhyming text reveal the many ways superheroes (and ordinary children, too) can resist the super-temptation to cause a scene when they're sad, mad, frustrated, lonely, or afraid. From burning off steam on a bike or a hike, to helping others, this energetic picture book has plenty of fun ideas to help kids cope when they're feeling overwhelmed. "An action-packed romp." —Kirkus Reviews "[A] lighthearted exposé on how a group of superheroes deal with their frustrations . . . A spoonful of superheroes certainly helps the message go down." —Booklist

How to Live Through A Bad Day

Each of us has experienced bad days, and these bad days are often compounded by our focus on the "badness" of the situation. But Dr. Jack Hayford contends that, "in such times the Lord calls us to hear His voice." And so, beginning with seven phrases uttered by Jesus on the cross, he constructs the model for godly behavior while enduring hardship. Insights include: Father, forgive them for they know not what they do. To forgive those seeking to injure you is to remove yourself from their control. My God, my God, why have you forsaken Me? We can ask God the hard questions. Into Your hands I commit My spirit. Surrender your suffering to God and let go. *How to Live Through a Bad Day* is ideal for anyone who has experienced stress, pain, weariness, or an assault of character. Jack Hayford speaks the words of Jesus -- the words of life that sustain and encourage us to live through our worst days.

Dinofours, I'm Having a Bad Day!

Tracy's day gets off to a bad start and keeps getting worse until her preschool friends are able to show her how much they care about her. Original.

Bad Days in History

National Geographic and author Michael Farquhar uncover an instance of bad luck, epic misfortune, and unadulterated mayhem tied to every day of the year. From Caligula's blood-soaked end to hotelier Steve Wynn's unfortunate run-in with a priceless Picasso, these 365 tales of misery include lost fortunes (like the would-be Apple investor who pulled out in 1977 and missed out on a \$30 billion-dollar windfall), romance gone wrong (like the 16th-century Shah who experimented with an early form of Viagra with empire-changing results), and truly bizarre moments (like the Great Molasses Flood of 1919). Think you're having a bad day? Trust us, it gets worse.

So You Think You're Having a Bad Day?

Bad days are just part of life. But for the characters highlighted in Matthew Braga's short story collection, their bad days are just a little bit worse. A husband who wants nothing more than to reconnect with his wife after realizing their marriage is in a slump finally finishes a long-awaited backyard project, only to discover that no matter how much he thinks he knows, sometimes he is not in charge—or in control of anything. When a wife is ill in bed, her husband quietly creeps around the house hoping not to disturb her, but after they have a disastrous meeting in the bathroom, he heads outside where something unanticipated comes down—right on her prized flower garden. When a couple moves into a new house, a stray cat soon makes it known that he is smarter than humans. Finally, a little boy who struggles with his difference discovers that he can do anything he wants if he has friends—and a good dream. So You Think You're Having a Bad Day? is a lighthearted collection of humorous vignettes with an important message that even the worst of days are survivable.

No Such Thing as a Bad Day

Former White House chief of staff recounts his bouts with non-Hodgkins lymphoma, melanoma, and prostate cancer.

Trust Yourself

Are you a Sensitive Striver? Learn how to get out of your own way and rediscover your sensitivity as a superpower. ___ Highly sensitive and high performing? ___ Need time to think through decisions before you act? ___ Judge yourself harshly when you make mistakes? ___ Take feedback and criticism personally? ___ Find it difficult to set boundaries? It's time to Trust Yourself. Being highly attuned to your emotions, your environment, and the behavior of others can be the keys to success, but they can also lead to overthinking everything and burnout. Human behavior expert and executive coach Melody Wilding, LMSW has spent the past ten years working with Sensitive Strivers like you. In this groundbreaking book, she draws on decades of research and client work to examine the intersection of sensitivity and achievement in the workplace and offer neuroscience-based strategies you can use to reclaim control of your life and reach your full potential. Trust Yourself offers concrete steps to help you break free from stress, perfectionism, and self-doubt so you can find the confidence to work and lead effectively. You will learn how to:

- Achieve confidence and overcome imposter syndrome.
- Find your voice to speak and act with assertiveness.
- Build resilience and bounce back from setbacks.
- Enjoy your success without sacrificing your well-being.

If you're an empathetic, driven person trying to navigate your career and learn how to believe in yourself in the process, Trust Yourself offers the mindset and tools to set you on the path to personal and professional fulfillment. The perfect book for:

- Those who identify as highly sensitive
- Anyone who overthinks or struggles with work stress and burnout
- Corporate professionals of all levels
- Managers, leaders, and executives
- Life, career, and leadership coaches

Mirabelle Has a Bad Day

Tom Winscombe is having a bad day. Trapped at the top of the tallest building in Minsk while a lethal battle between several mafia factions plays out beneath him, he contemplates the sequence of events that brought him here, starting with the botched raid on a secretive think tank and ending up in the middle of the Chernobyl exclusion zone. More importantly, he wonders how he's going to get out of this alive when the one person who can help is currently not speaking to him. Join Tom and a cast of disreputable and downright dangerous characters in this witty thriller set in a murky world of murder, mystery and complex equations.

Bad Day in Minsk

Oh, no! Little Critter is having a really bad day in this classic Little Golden Book! Little Critter is not happy. What could be worse than being stuck inside on a rainy day? Boys and girls ages 2 to 5 will enjoy this humorous full-color Little Golden Book about a day that starts out bad but has a happy ending!

Just a Bad Day

Sammy is having the absolute rottenest, worst day ever. His little brother, Benji, knows exactly what that's like.

Benji, the Bad Day, and Me

While some of us enjoy a lively debate with colleagues and others prefer to suppress our feelings over disagreements, we all struggle with conflict at work. Every day we navigate an office full of competing interests, clashing personalities, limited time and resources, and fragile egos. Sure, we share the same overarching goals as our colleagues, but we don't always agree on how to achieve them. We work differently. We rub each other the wrong way. We jockey for position. How can you deal with conflict at work in a way that is both professional and productive—where it improves both your work and your relationships? You start by understanding whether you generally seek or avoid conflict, identifying the most frequent reasons for disagreement, and knowing what approaches work for what scenarios. Then, if you decide to address a particular conflict, you use that information to plan and conduct a productive conversation. The HBR Guide to Dealing with Conflict will give you the advice you need to:

- Understand the most common sources of conflict
- Explore your options for addressing a disagreement
- Recognize whether you—and your counterpart—typically seek or avoid conflict
- Prepare for and engage in a difficult conversation
- Manage your and your counterpart's emotions
- Develop a resolution together
- Know when to walk away

Arm yourself with the advice you need to succeed on the job, with the most trusted brand in business. Packed with how-to essentials from leading experts, the HBR Guides provide smart answers to your most pressing work challenges.

HBR Guide to Dealing with Conflict (HBR Guide Series)

In this inspiring and often humorous memoir, the outspoken Democratic congressman from Harlem—now the chairman of the powerful House Ways and Means Committee—tells about his early years on Lenox Avenue, being awarded a Bronze Star and a Purple Heart for wounds sustained in a horrific Korean War battle (the last bad day of his life, he says), and his many years in Congress. A charming, natural storyteller, Rangel recalls growing up in Harlem, where from the age of nine he always had at least one job, including selling the legendary Adam Clayton Powell's newspaper; his group of streetwise sophisticates who called themselves Les Garçons; and his time in law school—a decision made as much to win his grandfather's approval as to establish a career. He recounts as well his life in New York politics during the 1960s and the grueling civil rights march from Selma to Montgomery. With New York street smarts, Rangel is a tough liberal and an independent thinker, but also a collegial legislator respected by Democrats and Republicans alike who knows and honors the House's traditions. First elected to Congress in 1970, Rangel served on the House Judiciary Committee during the hearings on the articles of impeachment of President Nixon, helped found the Congressional Black Caucus, and led the fight in Congress to pressure U.S. corporations to divest from apartheid South Africa. Best of all, this is a political memoir with heart, the story of a life filled with friends, humor, and accomplishments. Charles Rangel is one of a kind, and this is the story of how he became the celebrated person and politician he is today. He opens his memoir with a preface about the 2006 elections and an outline of his goals as chairman of Ways and Means. From day one he wants to put the public first so that more Americans can say they haven't had a bad day since.

And I Haven't Had a Bad Day Since

Squirrel is left hanging when a search for a tasty nut goes wrong. Meanwhile, Woodpecker has his beak buried in a tree trunk, Snake is tied in a knot, Turtle is upside down, and Fox? Well, Fox has a suspicious tummy ache . . . These animals are all having a VERY BAD DAY! But soon it turns out that little Mouse is having the worst day of all, and his friends can only help him - and each other - if they work together.

The Bad Day

Winner of the Anthony Award for Best First Novel! Stella Hardesty dispatched her abusive husband with a wrench shortly before her fiftieth birthday. A few years later, she's so busy delivering home-style justice on her days off, helping other women deal with their own abusive husbands and boyfriends, that she barely has time to run her sewing shop in her rural Missouri hometown. Some men need more convincing than others, but it's usually nothing a little light bondage or old-fashioned whuppin' can't fix. Since Stella works outside of the law, she's free to do whatever it takes to get the job done---as long as she keeps her distance from the handsome devil of a local sheriff, Goat Jones. When young mother Chrissy Shaw asks Stella for help with her no-good husband, Roy Dean, it looks like an easy case. Until Roy Dean disappears with Chrissy's two-year-old son, Tucker. Stella quickly learns that Roy Dean was involved with some very scary men, as she tries to sort out who's hiding information and who's merely trying to kill her. It's going to take a hell of a fight to get the little boy back home to his mama, but if anyone can do it, it's Stella Hardesty. A Bad Day for Sorry won an Anthony Award for

Best First Novel and an RT Book Award for Best First Mystery. It was also shortlisted for Edgar, Barry, Crimespree, and Macavity Awards, and it was named to lists of the year's best mystery debuts by the Chicago Sun-Times and South Florida Sun-Sentinel.

A Bad Day for Sorry

Do you have lots of questions about bipolar (formerly manic depression) but have no idea who to ask? Well, this is the perfect guide for you! With answers to 125 questions, this is a valuable resource for those suffering with bipolar disorder. Having a mood disorder can make life difficult to cope with. Sometimes you may be restless and full of energy, and other times you may feel empty and sad. But now you can get the help you need. If you suffer from bipolar disorder, you may ask yourself things like: How do I know if I have bipolar? What are some coping skills for depression? Can someone with bipolar have a normal marriage? How should I deal with a panic attack? Do you lack guilt while in a manic episode? With information taken from her over 800 answers on Quora, the author of this book is the top-viewed writer with 13 million views to date. She is also a Registered Nurse. The questions and answers in this book will deal with the most common queries that you may have about coping with bipolar, depression, mania, psychosis, anxiety and relationships. Reading this book, you'll feel like you're having an informal chat with a friend, thanks to the author's relaxed but informative approach. You will also be sharing her own personal stories of how she has dealt with bipolar. The advice in this book is presented in a friendly and sometimes humorous way. You'll also learn the coping mechanisms that are essential to living with a mental health condition. How to Live with Bipolar is the ultimate self-help book for people with bipolar depression, mania or psychosis. Through the education and advice contained in these pages, you'll also learn how to cope with anxiety and overcome feelings of hopelessness or inferiority. Don't let bipolar rule your life - take control of your mental health forever!

How to Live with Bipolar

'Laugh-out-loud funny, intensely suspenseful, page-turning fun' Allison Brennan _____ Del Sol, New Mexico is known for three things: its fry-an-egg-on-the-cement summers, strong cups of coffee - and, now, a nationwide manhunt? Del Sol native Sunshine Vicram has returned to town as the elected sheriff, expecting nothing more than a quiet ride. But now a teenage girl is missing, a kidnapper is on the loose, and all of this is reminding Sunshine why she left Del Sol in the first place. Add to that the trouble at her daughter's new school, plus a kidnapped rooster named Puff Daddy, and, well, the forecast looks anything but sunny. But even clouds have their silver linings. This one's got Levi, Sunshine's sexy, almost-old flame, and Quincy Cooper, a fiery-hot US Marshall. With temperatures rising everywhere she turns, Del Sol's normally cool-minded sheriff is finding herself knee-deep in drama and danger. Can Sunshine face the call of duty - and find the kidnapper who's terrorising her beloved hometown - without falling head over high heels in love . . . or worse? 'A Bad Day For Sunshine is a great day for the rest of us' Lee Child 'From the creative genius who brought you Charley Davidson comes your newest obsession: Sunshine Vicram. Mother. Sheriff. Warden of weird' Susan Donovan

A Bad Day for Sunshine

The ultimate guide for parents who dream of having a little less chaos and a lot more time for the good things in life Written by mother of five, Nicole Avery, this book shows harried parents how, with just a bit of planning, family life can become easier to manage, less stressful, and decidedly more fun. "Dream on," you say? "I might as well try to herd cats as to get my kids to follow a lot of arbitrary rules!" And Nicole would agree, which is why Planning with Kids isn't like any other parenting guide out there. It was inspired by Nicole's blog of the same name, which, over the past three years, has garnered a huge audience of likeminded parents who have achieved nothing short of miraculous results following her advice. While other prescriptive guides offer mums and dads cook-cutter solutions to the challenges of raising kids, this handbook focuses on one simple, straightforward idea: by implementing a few simple strategies for how you do things, you'll make more time for you to be you and your kids to be kids. You'll find strategies for streamlining and enhancing everything from the routines of daily life, to family relationships, to budgeting and finances, playtime and much more! Contains a full section on menus and cooking, including recipes, supported online by a planning-with-family meal planner Divided into sections so that readers can dip-in and dip-out for information as they need it as their family expands and grows up!

Planning with Kids

A NEW YORK TIMES Bestseller! Presented for the first time with stark, stunning new coloring by Brian Bolland, **BATMAN: THE KILLING JOKE** is Alan Moore's unforgettable meditation on the razor-thin line between sanity and insanity, heroism and villainy, comedy and tragedy. According to the grinning engine of madness and mayhem known as the Joker, that's all that separates the sane from the psychotic. Freed once again from the confines of Arkham Asylum, he's out to prove his deranged point. And he's going to use Gotham City's top cop, Commissioner Jim Gordon, and the Commissioner's brilliant and beautiful daughter Barbara to do it.

Batman: The Killing Joke

A psychotherapist describes how mentally strong people focus on the positive to overcome life's challenges and offers practical strategies to combat the 13 negative, but common, habits that can derail happiness and hold people back from success. 100,000 first printing.

13 Things Mentally Strong People Don't Do

Featuring detailed case studies, including Dr. Blums own inspiring personal story, **Healing Arthritis** offers a revolutionary way to heal your gut, repair your immune system, control inflammation, and live a happier, healthier life arthritis-free.

Healing Arthritis

William Wobbly is having a very bad day. He didn't want to go to school and when he got there things just got worse. The wobbly feeling got bigger and bigger and BIGGER until... Something happened to William Wobbly when he was very little which makes it hard for him to understand or control his feelings. Luckily, his new mum is here to help with his wibbly wobbly feelings. Written by a mum who understands, and her daughter (who used to have a lot of wobbly feelings), this is a story for children functioning at age 3-10 who struggle with sensory overload.

William Wobbly and the Very Bad Day

When Franklin wakes up grumpy, his father discovers that Otter has moved away and that nothing seems right to Franklin without her, and after his father comforts him, Franklin decides to mail a special present to his friend. Original.

Franklin's Bad Day

Perfect for anyone cranky, crabby, grumpy... or all of the above! In **Georgie's Best Bad Day**, Georgie and Friends are all having a bad day. So this cat and his crew of adorable animals decide to do their favorite things to turn their day around. They make pickles . . . They try knitting . . . They even bake a cake . . . and their bad day only gets worse! But in this gorgeous and silly picture book from author and illustrator Ruth Chan, Georgie and Friends learn that bad days always go away when you're with friends, even if your head gets stuck in a pickle jar!

Georgie's Best Bad Day

Reluctant-reader favourite Tony Bradman returns with a gentle and sensitively told story of life as a young carer.

A Bad Day for Jayden

To seek, pursue, and fall in love with Jesus with radical abandon. Single Woman Mandy Hale shares with readers what can happen in their lives by praying this powerful prayer. She has shown women how important it is to be secure in singleness by being smart, strong, and independent. In this all new book, she will prompt readers to never settle and not miss out on the beauty that can be found in times of "waiting." The Single Woman Says: "Whether you're idling in stubborn sinfulness or walking in seeming never-ending singleness or living with any sort of waiting: Waiting for love, waiting for babies, waiting for marriage, waiting for a cure, or a miracle, or a sign, or for GOD . . . I hope my journey will make the wait a little easier and the uncertainty a little bit more beautiful." Starting with relationships, but going beyond into areas like career, friendships, and life, Mandy will guide readers through what you can achieve if you look beyond your current circumstances, never settle for less than what God has for you, and find beauty in the waiting.

Beautiful Uncertainty

Experience more joy and meaning each day—and have greater resilience when times get tough. What if you could be happier, right now, without radically changing your life? As nationally recognized happiness expert Nataly Kogan teaches, happiness is not a nice feeling or a frivolous extra. It's a critical, non-negotiable ingredient for living a fulfilling, meaningful, and healthy life—and it's a skill that we can all learn and improve through practice. In *Happier Now*, Nataly shares an illuminating, inspiring, and science-based guide to help you build your happier skills and live with more joy, starting now. Nataly's own journey from Russian refugee to successful investor, tech executive, and founder and CEO of Happier taught her an important lesson: no matter how much you accomplish, how much you live the "right" way, or even how much gratitude you practice, life won't always be smooth. "We experience genuine and lasting happiness when we stop trying to turn the negative into the positive," Nataly writes, "and when we embrace the full range of our human emotions with compassion and strength." Throughout this engaging guide, Nataly describes how she went from being cynical and resistant to the ideas behind self-improvement and spirituality, to studying everything she could on the science of happiness, to completely shifting her mind-set. You'll learn five core practices for building your happier skills—acceptance, gratitude, intentional kindness, knowing your bigger why, and self-care—along with the scientific research that supports each one. Highlights include: Daily Anchors—Cultivate a custom set of simple daily practices, fine-tuned for your emotional health needs • Bring more joy and meaning into your life as it is—without needing to make difficult or time-consuming changes • How happiness leads to many of the things you want in life, rather than results from them • Learn an effective five-minute happier workout for whenever you need a boost • Strengthen your "emotional immune system" so you can be okay when times are tough—and bounce back to happy sooner • Specific instructions for tools and techniques that work—based on what's actually happening in your brain • Effective exercises, journaling prompts, and key insights for developing each core happier skill As Nataly says: "It's time to stop saying 'I'll be happy when . . .' and start saying 'I'm happier now because . . .'"

Happier Now

Most people want to be successful in life. And of course, everyone wants to be happy. When it comes to the pursuit of success and happiness, most people assume the same formula: if you work hard, you will become successful, and once you become successful, then you'll be happy. The only problem is that a decade of cutting-edge research in the field of positive psychology has proven that this formula is backwards. Success does not beget happiness. Based on the largest study ever conducted on happiness and human potential (a survey conducted by the author of more than 1,600 students), Harvard lecturer Shawn Achor shares seven core principles of positive psychology that each one of us can use to improve our performance, grow our careers, and gain a competitive edge at work. He reveals how happiness actually fuels success and performance, not the other way around. Why? Because when we are happier and more positive we are more engaged, creative, resilient to stress, and productive. *The Happiness Advantage* will appeal to anyone who wants practical advice on how to become happier and also more successful.

The Happiness Advantage

Poor Superstar. All the money and fame in the world won't prevent him from having a bad hair day. Or stepping in gum. Or not being able to fit into skinny jeans, or watching helplessly as a scoop of ice cream falls from its cone. Or so an unnamed Superstar's life is ingeniously imagined in this very funny book. Inspired by but not based on Jay Z's monster hit "99 Problems," illustrator Ali Graham riffs on what might be the real problems afflicting a world-famous music mogul who also happens to be married to the foremost diva of our time. Begun as a Tumblr, which went viral almost instantly, *99 Problems* is a highly conceptual gift book showcasing 99 full-color illustrations of a cartoon character who looks just like a certain legendary rapper, and the often ordinary and sometimes fantastical things that happen to him. And that's where the book finds its hilarious, compulsive hook—in an age that worships celebrity and assumes, somewhat enviously, that fame and fortune can protect one from life's travails, what if that just weren't true? There's a surprising, underlying warmth here. Even when the author dips into flights of pop culture fantasy—Superstar on the bow of the Titanic; Superstar whipping up a bad batch alongside Walter White from *Breaking Bad*—the recognition of shared kinship is strong. It's a cartoon version of celebrity, but like the best cartoons, it's edgy and knowing, yet sweet, too.

99 Problems

Having a bad day? Write your diary. Trust me, It will change your mind. Before writing try your new pen into the pen test paper at the end of this notebook. Details: Size 5.5"X5.8" Black & white interior cream paper Blossy

Having a Bad Day? Use Me!

Mommy comforts Grover after he has a bad, awful day.

Grover's Bad, Awful Day

Life is unpredictable, and bad days happen. This tongue-in-cheek cookbook makes the perfect gift for anyone going through a rough patch.

Bad Day Ice Cream

Invite more tranquility into your life with this beautifully designed journal, the perfect antidote to combat everyday stresses. This day-by-day approach to a more fulfilling life includes thoughtful quotations, easy-to-follow exercises, and space to record personal reflections, guiding you toward a more mindful, harmonious way of living. Filled with exquisite and uplifting photographs on every page, this inspiring journal invites you to slow down and explore monthly themes like compassion, perspective, and patience. Guiding you on your personalized path to inner peace, A Year of Daily Calm is sure to be a cohesive source of balance and serenity all year long.

A Year of Daily Calm

Starting with his alarm clock going off too early, Benny Bear has a terrible, awful, bad day.

My Last Bad Day Shift

Benny's Bad Day