

## The Angry Book

Howard Pearlstein and James Munro

**25 August 2026**

### **A new interactive picture book exploring anger and how to manage it**

Perfect for any parent or child struggling with temper tantrums, *The Angry Book* is an interactive picture book by award-winning author Howard Pearlstein which features the book itself as the main character. At first, the book is too angry to tell its story so it tries different techniques to try to calm down, discussing why some techniques are not as helpful as others.

*The Angry Book* provides a unique way of showing toddlers and young children ways that they can calm down that don't involve lashing out physically, including moving your body, deep breathing and counting. *The Angry Book* also helps aid discussions at home or in the classroom about different things that can make you angry and the challenges of dealing with big emotions.

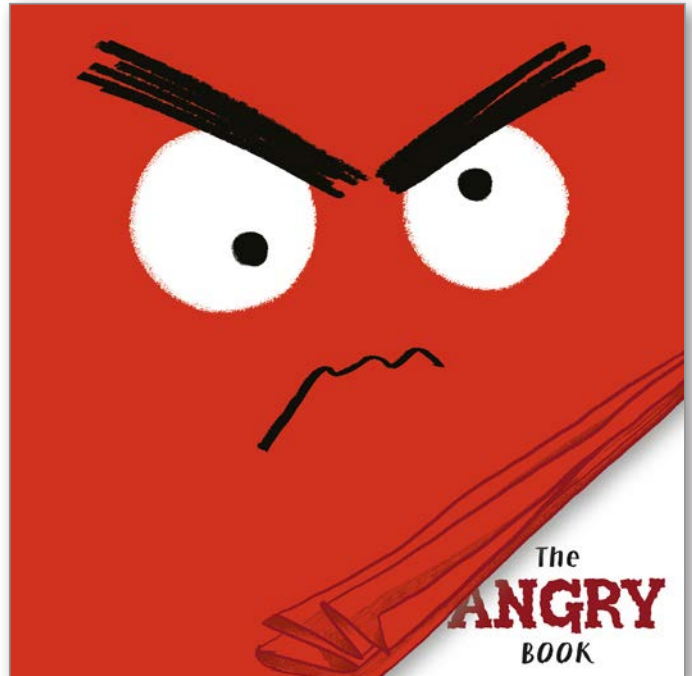
Fun and colourful illustrations by Liverpool-based James Munro perfectly represent the book's various emotions throughout, creating a relatable character for children.

*The Angry Book* is the fourth book by Howard Pearlstein and illustrated by James Munro tackling challenging emotions, following on from *The Shy Book*, *The Worried Book* and *The Sad Book*. The four titles work together to help children identify emotions in a gentle, relatable and humorous way.

### **Review Copies & Editorial:**

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### **The Angry Book**

Author Howard Pearlstein

Illustrator James Munro

Format Paperback, 230 x 230mm

Age 3-5

Pages 36

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## Notes to Editors



**Howard Pearlstein** is the award-winning author of 12 picture books that have been translated into six languages. Howard is also the founder of Copy Rocket, an advertising copywriting agency, and has worked on some of the world's most popular brands, including Toyota, Verizon and Mitsubishi. A California native, Howard now lives in Birmingham, Alabama. He has three daughters, Amanda, Jacquie and Emily, who live across the country, and one wife, Debi, who still lives at home.

**Graffeg** produce and publish children's and illustrated books with an amazing team of authors, illustrators, designers and photographers. We believe great content, good design and high-quality production values make our books stand out.

Our wonderful authors and illustrators include Jackie Morris, Nicola Davies, James Mayhew, Joyce Dunbar, Max Low, Julia Hubery, Dom Conlon, Anastasia Izlesou and many more.



**James Munro** has been drawing since he could grasp a pencil. Since then, everything in his path has fallen prey to his doodles, from books and magazines to films and animations. He lives and works in a pile of pencil shavings and spilled ink in Liverpool. James has illustrated several other picture books including *Watch them Grow!* and *The Invention*.



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