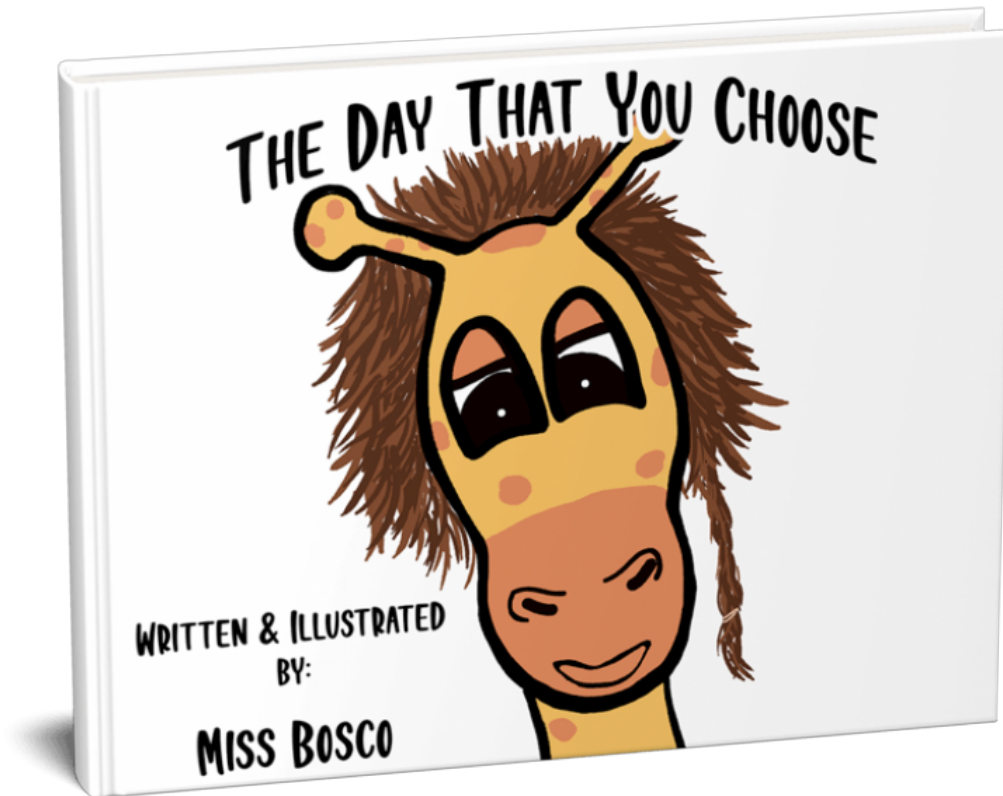


Illustrated children's book on coping strategies is a must buy in 2021



San Francisco, Jan 13, 2021 ([IssueWire.com](https://www.issuewire.com)) - Children's author and illustrator, Miss Bosco has announced the release of her debut book, *The Day That You Choose*. As a former teacher, Miss Bosco realized that coping strategies are rarely taught in schools. She hopes that her work will teach children how to release anxiety and process emotions in a healthy way.

The Day That You Choose features Raffa Giraffa, a down-on-his-luck giraffe who can't seem to catch a break. Soon, he starts lashing out at himself and others. He doesn't know what to do about it. The bad days keep coming and coming. Luckily, his friend Lona Terrona steps in to teach him important lessons about how to regulate his feelings even when things aren't going according to plan.

With the help of Lona Terrona, Raffa Giraffa begins to learn that he has the power to improve his day no matter how bad it might seem. Every morning, he makes a promise to himself to always do the right thing, try hard, and believe in himself. Along with his friend, Raffa Giraffa comes to understand that bad things sometimes happen, but he has the choice of whether or not to let it ruin his day.

Children and adults alike can benefit from the teachings in *The Day That You Choose*. Miss Bosco's simple rhymes, fun illustrations, and lovable characters will capture the hearts of readers of all ages.

This charming self-help book presents powerful techniques for anger management within the context of an engaging story. With age-appropriate language and relatable examples, Miss Bosco's debut is both entertaining and instructive.

Reviewers describe *The Day That You Choose* as "infinitely valuable" and praise Miss Bosco for helping young readers in their lives develop positive habits. In these times of great change and uncertainty, Miss Bosco's work is especially timely. With sensitivity and humor, *The Day That You Choose* helps children create a foundation of self-awareness, inner strength, and personal empowerment from a young age.

Miss Bosco is an author, parent, and former teacher with a passion for teaching children how to cope with their emotions. She cites Lou Austin and Og Mandino as her influences.

The Day That You Choose is available for purchase on Amazon.com and all major retailers.

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