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# Felix After the Rain

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Editor's Choice:

off

Media type:

Book

BfK Rating:

5

Young Felix so it seems carries the weight of the world's sorrows on his shoulders, or actually in the large suitcase he drags with him no matter where he goes. The trouble is, whenever something upsetting happens in his life, the suitcase gets even heavier. Eventually it becomes almost immovable. One day the boy feels so weighed down by his woes that he just cannot go any further. Pausing for a rest, Felix falls fast asleep under a shady tree. A boy playing nearby notices the case, opens it up and as a result all the feelings pent up inside flow out into the sky creating a huge storm.

Once it abates Felix discovers that he now feels transformed ? happy, light and calm. Then with a heart bursting with joy he goes home hugely relieved and he cannot wait to embrace everyone and share his happiness.

We all go through times of unhappiness and it's important to be able to find release for those sad feelings, be it through mindfulness, meditation, yoga or perhaps walking in nature. This book with its themes of letting go and the power of friendship has the potential to speak to a wide audience, both through its words and the imaginative illustrations. The one showing the storm surrounding Felix is especially striking.

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