

# MAKING FRIENDS with FEELINGS

## BOOK PREVIEW

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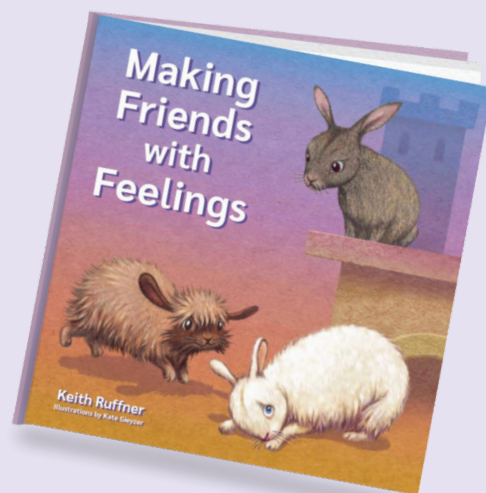
Adorable bunny characters are *Making Friends with Feelings* in a new book by author Keith Ruffner and co-creator Beth Wuller. But this is not your typical children's storybook.

We journey with Molly, Buddy and Shiner as they experience big emotions and comfort each other with compassion and love.

The characters were developed to give children ages 4-7 a model for healthy behaviors when facing similar challenges in real life.

This wonderful story is meant to facilitate an early, safe dialogue between children and adults about meaningful, and sometimes challenging, topics.

[MakingFriendsWithFeelings.com](http://MakingFriendsWithFeelings.com)



“ *Making Friends with Feelings* is a fine complement to social and emotional learning in that it calls out and reinforces the important competencies of self-awareness, self-management, social awareness, relationship skills, and responsible decision making.

*Children struggling to name and share their strong feelings will benefit from the example the bunnies set in their relationships with one another as well as through the repetition of feeling words throughout the story.* ”

— **Caroline Chase**, Founding Member of the Social and Emotional Learning Department for the Austin Independent School District in Texas and SEL Consultant



# Helping Children Learn to Respond to Emotions in a Healthy Way

## ABOUT THE AUTHORS

For the first half of Keith Ruffner's life, he lived a traditional lifestyle as a corporate executive. There were happy moments with his kids, but he didn't know how to express those moments of happiness.

In January 2020, with his children grown, Keith semi-retired to focus on creating a happy and fulfilled life. His experiences since have encouraged him to believe that the human values displayed by the bunnies in this book can improve the world.

Beth Wuller is the founder and Chief Intention Officer of Neugroove®, created to invite others to celebrate new ways of thinking, living, and just being. Beth is a certified neuroscience-based happiness coach. She recently presented during World Happiness Week hosted by the World Happiness Foundation.



*The story's characters are inspired by Beth's pet rabbits. Pictured above, Keith holding Molly and Beth holding Shiner.*

As individuals, Keith and Beth both personally struggled with identifying and expressing their emotions well into adulthood. Yet, their timing was divine, as their paths led them to each other allowing them to create a safe, loving space for an extraordinary relationship. This beautiful new book is built on that foundation.

## ABOUT NEUGROOVE

Neugroove® is a lifestyle brand created to help the world hurt less and love more through healing – one soul at a time.

The mission of Neugroove is to instill a new understanding of self-love that leads to a culture of authentic, visible compassion for self and others, going beyond optimism or empathy.

*Making Friends With Feelings* is the company's first children's book.

## CONTACT

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In addition, Neugroove offers inspirational products, coaching services, and free information about little-known mental health resources. Every purchase helps grow Neugroove's quarterly donation to mental health charities.

[Neugroove.com](https://www.neugroove.com)



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