

SADNESS?

Anastasia Stročková



Štěpánka Sekaninová



When Sadness comes and wraps you up in its tentacles ...



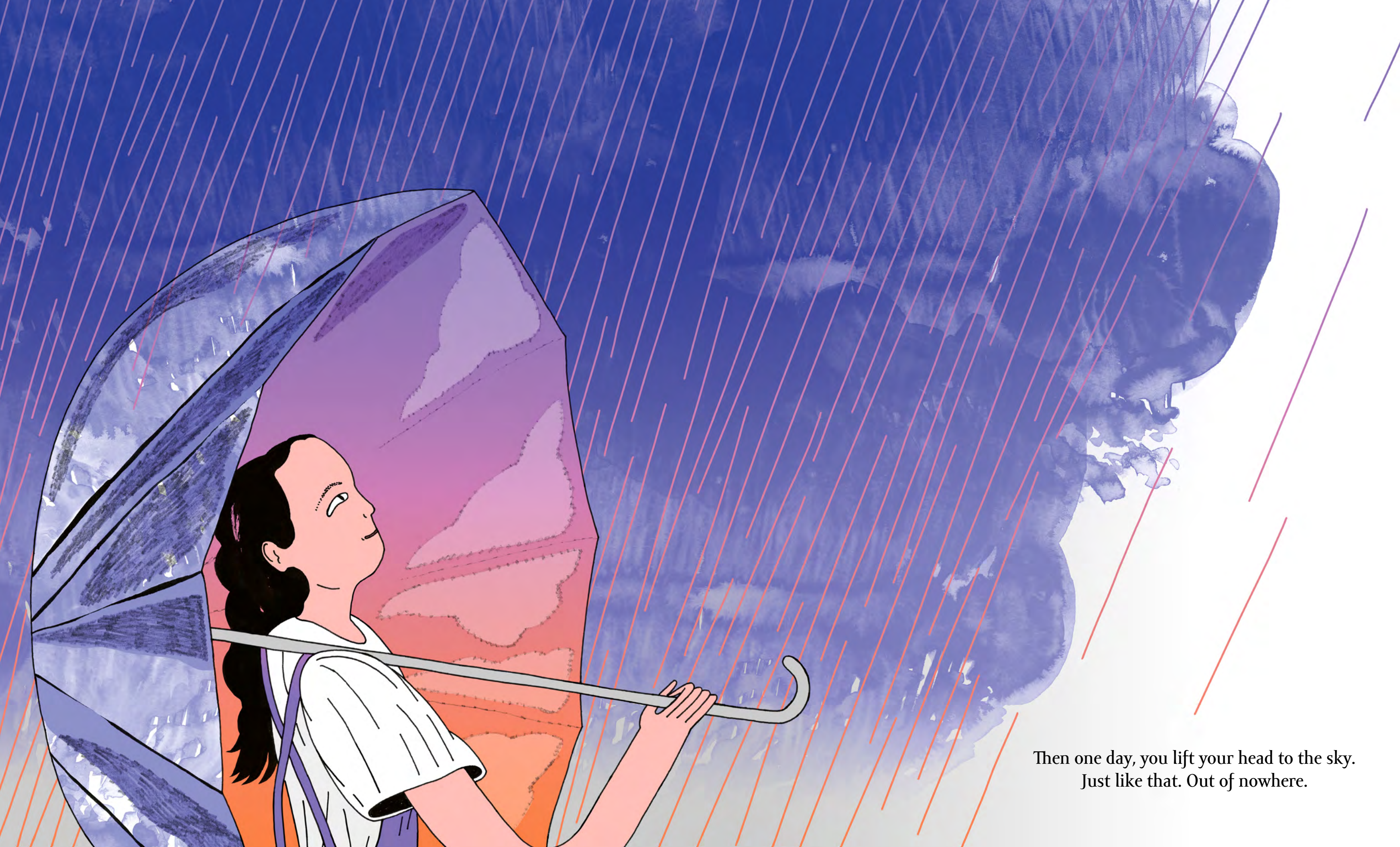
Because. Because you'll never get a kiss from Grandma again.



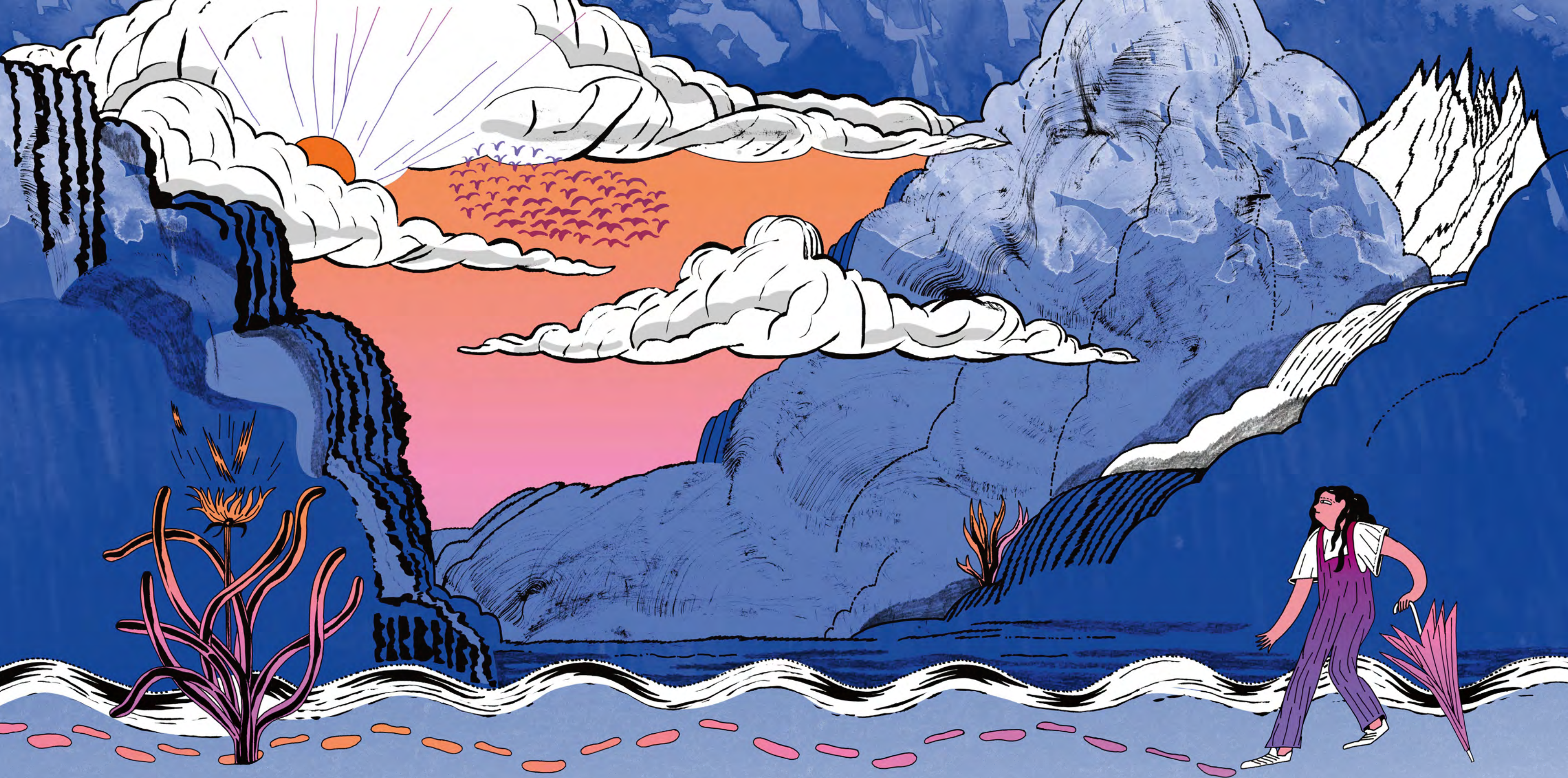
And your kitty went missing too.

One evening, during a big storm.





Then one day, you lift your head to the sky.
Just like that. Out of nowhere.



The rain begins to stop.

You have your Grandma forever in your heart.

And around your neck, the scarf that she knit you last year.



Sadness... It can arrive uninvited, unexpected, and unwelcome. It sinks its teeth into you and, with icy calm, throws you down to the bottom of an abyss where there's nothing. Just you—and it. So what do you do? How do you face it? How do you move through it? What if you chose to step into its world on purpose? What if you dared to look all the way down into your own darkness? Because it's there—and only there—that hope begins to grow.

The book *Sadness?* is a gentle, poetic guide for young and old alike, for anyone who knows how sadness can ache in the soul. It helps name hard emotions. It helps find the courage to feel them—and make it through. It doesn't lecture. It doesn't preach. It doesn't make light of pain.

For children. For parents.

For anyone who's ever searched for words
when sadness takes hold.