

I Can Be Happy, Too



A Book about Attitudes

Text and illustrations by Susan A. Howard

I Can Be Happy, Too



Dedication

To my parents,
William G. and Serena Walker,
who modeled courage, strength, grace
and a positive mental attitude during adversity.

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When my sister takes things
without asking,
I can feel really MAD!



But I can be happy, too!

I'll be the mommy, and
you be the doctor.



God loves a cheerful giver.

2 Corinthians 9:7

When my sister is careless
and breaks things,
I can feel woefully sad.



But I can be happy, too!

It's okay, Megan.
Mommy fixed her!



**When cares increase within me,
your comfort gives me joy.**

Psalm 94:19

At night when it's dark and too quiet,
I am too frightened to sleep.



But I can be happy, too!



**Do not fear: I am with you;
do not be anxious: I am your God.
I will strengthen you, I will help you,
I will uphold you with my victorious right hand.**

Isaiah 41:10

When bullies make fun,
taunt and tease me,
my confidence falls in a heap.



But I can be happy, too!

He looks pretty
silly, doesn't he,
Buster?



**Blessed are they who are persecuted
for the sake of righteousness,
for theirs is the kingdom of heaven.**

Matthew 5:10

When my friends aren't home
and there's nothing to do,
I can get bored and blue.



But I can be happy, too!



**In all circumstances give thanks,
for this is the will of God for you in Christ Jesus.**
1 Thessalonians 5:18

When something cancels
my plans for the day,
I can feel grumpy and cross.



But I can be happy, too!



**Find your delight in the Lord
who will give you your heart's desire.**

Psalm 37:4

Sometimes I think
I will always be sad,
when suffering
sickness or loss.

Mom says that
this will pass, too.



**Blessed are they who mourn,
for they will be comforted.**

Matthew 5:4

It isn't always easy
to control my feelings.
But as long as I can help it...
I choose to be happy!





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