

# 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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to control my feelings.  
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