



# The Little Book of Bad Moods

*Lotta Sonninen*

Download now

Read Online ➔

# The Little Book of Bad Moods

Lotta Sonninen

**The Little Book of Bad Moods** Lotta Sonninen

**For fans of *Wreck This Journal* and *Calm the F\*ck Down* comes a hilarious fill-in activity book that encourages you to unleash your inner rage, chronicle your deepest annoyances, and creatively detail every person who has ever done you wrong.**

Let's face it: we're sick of staying positive. Meditating. Doing yoga. Those things are so boring. How about finding a new and more engaging way to relieve your stress and get you through the hell that is your life?

*The Little Book of Bad Moods*, an irreverent adult activity book, lets you unleash all that anger and say the things that you can't say out loud. With lots of fun and easy fill-in activities perfect for all the minor annoyances in life, this is the only kind of meditation you'll ever need.

Hilarious, fun, and shockingly cathartic, this is a bad little book that encourages you to complain, moan, and embrace your inner a\*\*hole. So put that pen to paper, let your cranky flag fly, and be sure to hide this book from anyone you care about.

## The Little Book of Bad Moods Details

Date : Published February 12th 2019 by Gallery Books (first published 2018)

ISBN : 9781982122621

Author : Lotta Sonninen

Format : Hardcover 128 pages

Genre : Nonfiction

 [Download The Little Book of Bad Moods ...pdf](#)

 [Read Online The Little Book of Bad Moods ...pdf](#)

**Download and Read Free Online The Little Book of Bad Moods Lotta Sonninen**

---

# From Reader Review The Little Book of Bad Moods for online ebook

## Kristen Olsen says

Hysterical!!! I just received this today, and of course read right through the whole thing. This is perhaps the funniest book I have read in a while. (And I can think of a lot of people who would find this completely entertaining!). book

I have a feeling that this may be swiped by my teenage son!

---

## Stephen says

A workbook to sort through your feelings, resentments and gripes.

It's hilarious and quite cathartic.

I laughed out when filling in my responses and listings to the uproarious questions.

It was great fun.

This was an ARC giveaway in exchange for an honest review.

---

## Britt Suits says

Selle raamatuni jõudsin nii, et kõigepealt nägin Mart Juure „Hea tuju raamatut“ ning mõtlesin, et oleks selline lõbusam lugemine. Siis hakkasin laenutuse jaoks raamatut otsima ja selgus, et on ilmunud ka „Väike paha tuju raamat“. Tuli enda arvates ülihea plaan mõlemad läbi lugeda. Selle raamatu sain kohe lugemiseks, aga Juure raamatul olen endiselt alles järjekorras. Kui raamatu kätte võtsin ja lugema asusin, siis selgus, et see polegi juturaamat. Õnneks oli vähemalt lustlik. Kahjuks on teose üllitanud minu jaoks anonüümsed naaberriigi autorid ning seetõttu ei olnud teosel muhedat Juure või Oja häält taustaks kostmas.

Tegemist on ise täidetava raamatuga, mis parodeerib hea tuju raamatuid. Koosneb järgmistest peatükkidest:

\*Aja süü teiste kaela

\*Leia üles süüdlased

\*Räägi suu puhtaks

\*Kanalda oma kibestumist

\*Kuidas kõik päevad untsu keerata

\*Online-elu on nõme

\*Ei unusta ega andesta

\*Leia üles kogu maailma halvad asjad

\*Täiusta oma sõnavara santide sõnadega

\*Tõmba jooni

\*Vihkan nagu jaksan

---

## **Cat says**

Lol! Channel your frustration and anger into this book! I NEED to buy a copy of this book! It is just too, too funny! I can even see getting it for folks I know as gifts! Anyone who enjoys journaling will enjoy this little book of fill in the blanks of life's annoying, teeth clenching, hair pulling moments!

I received a Kindle Arc from Netgalley in exchange for a fair review.

---

## **Sunshyne says**

I honestly thought this oils be ,ore slef hawks not so much hate .. This book could manifest some serious problems of ethos ehwhomhave a lot of rage and anger. Asking about why one hates such an such can cause them to start obsessing over it. I didn't like the book. It's definitely not going to help anyone. There's no recourse for the hate, anger and irritable persons moods.

---

## **Dallas says**

Are you sick of toxically positive self-help workbooks? Do you find typical mindfulness techniques infuriating? Do adult coloring books seem vaguely interesting but you also know if you're pissed off and need to chill you're more likely to scribble all over the page? Look no further - this is your self-help workbook. If your self-care involves venting, ranting, getting it OUT, this is your self-help workbook. I love it. I think you'll love it. Go flip through it in the store and then take it home and let your anger/annoyance/frustration spew out onto these hungry, hungry pages. Pray it's not some kind of rage demon in disguise gaining strength from the power of your bitterness a la Tom Riddle's diary and then take a deep breath...odds are, you'll feel better. I'll be buying this one.

Read during 24in48.

---

## **Cj Zawacki says**

Do you yoga? NO!

Do you shop at markets that have only grass feed, non-gmo, fair trade, high prices? NO!

Do you go into nature and contemplate your navel? NO!

Are you grumpy before morning coffee, and after a coffee brake at work, and grumpy after work, and grumpy at bedtime ? YES!

Are you like mankind, but hate people? YES!

Are you a beer drinking, two finger whiskey, red meat and potato lover? YES!

Do I have a book for you!

The LITTLE BOOK of BAD MOODS,by Lotta Sonninen is a book, well a exercise book. (Exercise, I hate that word. I get my blood pressure going by just being around people.)

No, not that. It contains lists for you to do. Like, " Blame Others, Life Sucks, No forgetting No forgiving, and great others. One list I really liked was listing situations you didn't think oa a GOOD COMEBACK until

it was over, ( if only I could do this in my shower.) Oh, the I HATE ... BECAUSE list, made me really focus my inner mood. WHAT WAS WRONG WITH THIS WEEK, OMG, WHO ANNOYED ME AND WHAT RUINED THE DAY, Only covered on week? I have to copy that section!

HOW DO YOU SPOT AN IDIOT list, yes, great, I may have forgotten some idiots if not for this. Oh, and the SWEAR WORDS YOU KNOW, I may have forgot some of these great rantings if not being able to write them down!

But a word of warning, DO NOT let this book fall into wrong hands, ( like wife, kids, co-workers...) after doing some of these exercises.

---

## **Jennifer says**

I received this book through the First Reads giveaway program.

Oh my goodness, this book is hysterical! I laughed through almost every page! Sure, I can see how it could cause someone to focus on all of the especially negative aspects around them, but also understand that putting those things down in a journal can also be therapeutic. Take this book for the glorious, tongue in cheek delight that it is. :) I loved it!

---

## **Eva Lucia says**

Also posted on Eva Lucias blog

### **Tak til Modtryk for anmeldereksemplaret!**

Kunsten at være negativ af Lotta Sonninen er et dejligt og humoristisk tiltag. Da jeg læste og kiggede bogen igennem kunne jeg ikke finde ud af, om selve bogen var en stor fuck-finger til Bullet Journal-generationen eller om man skal lade være med at tage den så bogstaveligt. Denne bog er morsom og jeg var vild med at læse den.

Bogen er lækkert sat op og har et Bullet Journal-Wreck this Journal-udseende, men er alligevel helt sin egen. Jeg kan præsentere følgende kapitler:

Bebrejd andre

Vær vred til hverdag og fest

Hæng fast i fortiden Find fejl ved verden (alletiders, ik'?)

Du kan også lave en liste over dine fjender, bebrejde andre for dine fiaskoer eller finde fejl ved din ægtefælle eller kolleger.

Kunsten at være negativ af Lotta Sonninen er et friskt pust til de mange Bullet Journals, som jeg naturligvis synes er vigtige, men denne type bog har bare kant og er anderledes. Jeg er helt sikker på, at vi alle kender én, som ville have godt af enten at benytte sig af denne bog til at rase ud, skrive morsomme anekdoter ned eller også er det den af vores venner, som altid klager over alt og alle, som ville kunne tie stille i vores selskab, og i stedet for skrive det hele ned i bogen.

Uanset hvilken mulighed, som du ser, så er et rigtig godt alternativ til mandelgaven.

### **Iurcik says**

I got this book at work and was looking thru it with my boss. It's hilarious! I do think this would make a good gift to friends that have a great sense of humor and always complains or introverts (so they can take it out). It's not a book, more like a diary. We all have something to say about spouse/friends/coworkers.

---

### **Cindelu says**

I won this book on Goodreads. It is a cute little book with places to write your secret dislikes that put you in a bad mood. Perhaps writing things down will make you feel better.

---

### **Michelle says**

Amazing book! So funny and fun to fill out. Some of the pages should be copied for more excitement. This would be a great book to help with journaling and I would think it is very therapeutic. A must read for all!

---

### **Louise Andersen says**

Se min anmeldelse på [skrivforlivet.dk](http://skrivforlivet.dk)

---

### **Faterider says**

With positive psychology and gratitude journals in vogue these days, this tongue-in-cheek anti-positive journal is sure to evoke wry smiles/chuckles. I like how it appeals to multiple intelligences by encouraging readers to draw as well.

---

However, I feel that while the concept is intriguing, the execution requires more thought. While I tried to scribble entries, I found it a hassle to have to turn over pages in order to find the exact category I needed. Also, I felt that this book could have narrowed down its scope. It comprises a wide spectrum from petty annoyances to lifelong regrets. To me, it seemed weird to come clean with yourself by jotting down small talk folder and significant experiences in the same space. Still, a good way to let off steam and purge yourself of negative feelings. I might just buy it for students who need a boost of their executive functioning skills.

Received a review copy from @definitelybooks for a fair review

---

**Kelly Hager says**

You guys, I cannot even fully explain how much I loved this book.

It's a journal for petty grievances and lists. Is there something you've always wanted to say to your ex? Write it down. Does your coworker snap her gum every 25 seconds? Write it down!

It'll help you vent your spleen without making any enemies. (Do not leave this unattended.)

If you're a fan of complaining, you need this. It's fantastic.

Highly recommended.

---