

# The Sad Book



Howard Pearlstein



James Munro

**Author** Howard Pearlstein  
**Illustrator** James Munro  
**Format** Paperback, 230 x 230mm  
**Age** 3-5  
**Pages** 36  
**Publication** 19 January 2026  
**Price** £8.99  
**ISBN** 9781805950899  
 eBook available



## Content:

Everyone feels sad sometimes, even this book! But how do we deal with our feelings of sadness and discover new positives? With the book itself taking the form of the main character, The Sad Book navigates this topic in an interactive way with both gentle humour and sensitivity. The pairing of Howard Pearlstein's text with the creative and dynamic illustrations of James Munro informs and inspires young readers as they deal with the challenges of new situations and emotions.

## About the author:

**Howard Pearlstein** is the author of nine picture books that have been translated into five languages. His upcoming titles in 2024 and 2025 include *This Book Is Not For You* and *The Bad Book for Good Kids*, both published by Familius. Howard is based in the US.

## About the illustrator:

**James Munro** has been drawing since he could grasp a pencil. Since then, everything in his path has fallen prey to his doodles, from books and magazines to films and animations. He lives and works in a pile of pencil shavings and spilled ink in Liverpool.

## Key themes:

- Emotions
- Sadness
- Reading

## Selling Points:

- Illustrator James Munro's artwork for the first title in this series, *The Shy Book*, was nominated for the Carnegie Medal for Illustration 2025.
- A perfect book for helping children understand and explore their emotions and overcome fears and anxieties.
- With the book itself being the main character, *The Sad Book* offers an interactive and interesting new way of engaging children and prompting discussion about their own thoughts and feelings.
- Great for starters at nursery or school as they potentially deal with changes and new challenges, the book approaches these with humour and sensitivity.

## In the series:

**The Shy Book**  
 ISBN 9781802586725

**The Worried Book**  
 ISBN 9781917467445

**The Sad Book**  
 ISBN 9781805950899

**The Angry Book**  
 Publishing February 2027

