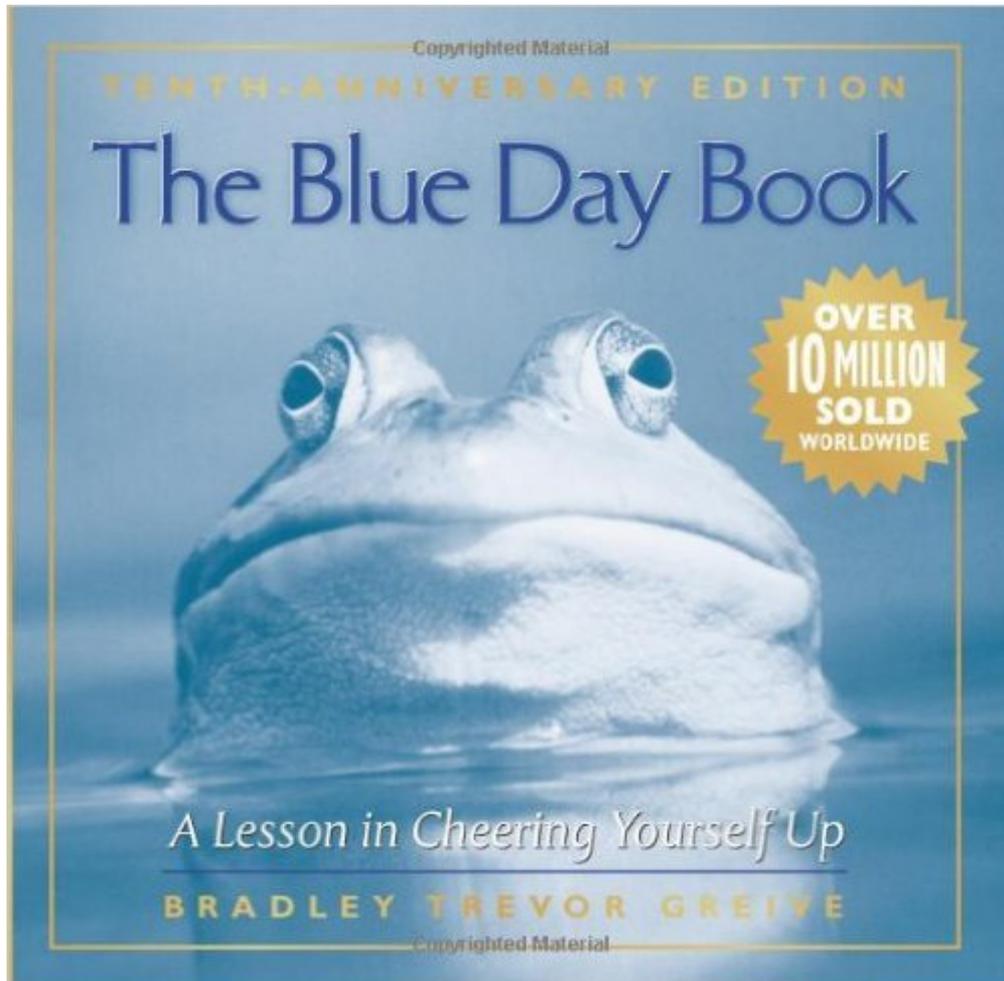


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# The Blue Day Book: A Lesson In Cheering Yourself Up



## Synopsis

A commemorative tenth anniversary edition of the best-selling gift book that has sold over 10 million copies (2.5 million in the U.S.) in 115 countries worldwide. With its humorous, compassionate message and charming animal photographs, the book's text illuminates what a blue day feels like, what causes it, and how to get over it. Ten years after its first printing, Bradley Trevor Greive's global best-seller *The Blue Day Book* has become a modern classic and is still bringing smiles to readers around the world. And because we all still have bad days now and then, the time is right for a commemorative tenth-anniversary edition of this uniquely funny, compassionate book that inspired an entire genre of uplifting gift books. This special edition features stunning new endpapers illustrated by the author, hand-colored enhancements to the delightful black-and-white photography, and a new foreword to the text. Still included, of course, are the original, warm, supportive messages, humorous insights, and hilarious animal images guaranteed to raise the spirits of anyone feeling down and blue.

## Book Information

Hardcover: 104 pages

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Language: English

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Product Dimensions: 6.4 x 0.5 x 6.3 inches

Shipping Weight: 8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (222 customer reviews)

Best Sellers Rank: #59,298 in Books (See Top 100 in Books) #37 in [Books > Arts & Photography > Photography & Video > Collections, Catalogues & Exhibitions](#) #44 in [Books > Self-Help > Relationships > Friendship](#) #47 in [Books > Arts & Photography > Photography & Video > Nature & Wildlife > Plants & Animals](#)

## Customer Reviews

This is a cute little book with some great photos. Although some of the text is just a little too cliché for my taste, it does make me laugh.

If you're bored or sad or feeling lonely or just down, this is the perfect fix. With a cute animal photo and a brief sentence on every page, this book helps you see that everyone has bad days and that

tomorrow promises wonderful new things. The black and white pictures are works of art and the captions match them perfectly. This book made me smile and laugh and cry. I received it as a gift from a good friend and I want to run out and buy copies for everyone I know who has ever felt down and out! A great gift idea!

What an adoreable, sweet, uplifting, simple little book!!! Shopping for the holidays and feeling a little bit down, it was fate that caused me to notice this book at the book store and pick it up. Well, after scanning through this gem of a book, my "blue day" was gone and I again had a spring in my step and a smile on my face!! Oh yes, this book seems simple with short cliches placed to just the perfect pictures. That's what the beauty of this book is. This book is a must for every coffee table. You never know when someone visiting your home needs a little lift but just doesn't want to talk to anyone about it. Life is about sharing smiles and this cute little book will definitely help you do that. :-)

Or I would ask you which you prefer, reading a poem or looking at a photo. In this book, you'll find you can enjoy both of them very easily. You can hear sweet songs which are played in this book by both poems and photos. Actually I was so depressed when I got this book in my hands. I felt blue when I started looking into the bluish pages where I found funny looking animals with somewhat humanlike expression. Reading the sentences along these photos I felt something tickling inside myself. I felt like smiling. I couldn't help giggling. I felt so happy in the end. That's all I want to tell all of you who have some interest in this book. You must try it.

A co-worker of mine bought this book for another one of our co-workers who is out of work with a very serious illness. We passed it around the office before sending it to her, and it brightened all of our days! It was the most adorable and hilarious book that I have ever had the pleasure of reading! I would definitely recommend it as a gift to any adult. We can all easily relate to the passages!

This little book is witty, original, and impactfully put together. The juxtaposition of great photographs and a deceptively simple commentary gives rise to a true masterpiece. Our kids loved as much as we did! Can't wait for the next installment!

When I hit a "blue period" I need to recognize that quickly -- and try to turn my mood around just as quickly. The pictures in Blue Day Book, by careful selection, inspiration, or luck, happen to work well for me. And the text with the photos is fine -- the photos are really the key here. To smile, chuckle,

laugh seems to help break the spell of negativity -- to interrupt the downward momentum, have a chance to turn it around. So I recommend this book very highly, for oneself or as a thoughtful gift for someone you care about who is being touched by the Blues. I myself am not an optimist by nature. When the Blues don't seem to want to be shaken off in one try, then I do some journaling and reading at more depth. My current favorite for working on improving my mental attitude is *The Positive Power of Negative Thinking* by Dr. Norem. But sometimes a few minutes in the morning is really all it takes to stop that downward momentum -- which is why, in my blue periods, I keep the *Blue Day Book* on my bedside table. Maybe it should be called "photo therapy" -- this book is a good blues buster.

This book is very good at what it is - a very brief visual lark which leaves you better off than you were when you started. The pictures are very fun, and they alone kind of move you into a lighter frame of mind. They sort of loosen you up. Then, for the change moment, the content is about all there is - face things. Take risks. Live each day as if it's your last - one day it will be. Then, a few more pictures, and it's over. A Good Thing in a small package!

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