Mathematics

(www.tiwariacademy.com) (Chapter -8) (Quadrilaterals) (Exercise 8.2) (Class - 9)

Question 1:

ABCD is a quadrilateral in which P, Q, R and S are mid-points of the sides AB, BC, CD and DA (see Figure). AC is a diagonal. Show that:

(i) SR || AC and SR =
$$\frac{1}{2}$$
 AC

(iii)
$$PQ = SR$$

(iii) PQRS is a parallelogram.

Answer 1:

 In ΔACD, S is mid-point of DA. R is mid-point of DC

Hence, SR | AC and SR = $\frac{1}{2}$ AC ... (1) [\cdot Mid Point Theorem]

... (3)

(ii) In ΔACD, P is mid-point of AB Q is mid-point of BC

Hence, PQ | AC and PQ = $\frac{1}{2}$ AC ... (2)

From (1) and (2), we have

PQ || SR

__ (4) and PQ = SR(iiii) In PQRS.

 $PQ \parallel SR \text{ and } PQ = SR$ Hence, PQRS is a parallelogram.

(iii) PQ = SR

fy Given!

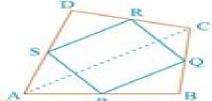
[v Given]

[v: Given] Iv Given I

[v Mid Point Theorem]

[PQ | AC and SR | AC] [\sim SR = $\frac{1}{2}$ AC and PQ = $\frac{1}{2}$ AC]

[v From (3) and (4)]



540

Ouestion 2:

ABCD is a rhombus and P, Q, R and S are the mid-points of the sides AB, BC, CD and DA respectively. Show that the quadrilateral PQRS is a rectangle.

Answer 2:

In AABC.

P is mid-point of AB Q is mid-point of BC

Hence, PQ | AC and PQ = $\frac{1}{2}$ AC

Similarly, in AACD.

S is mid-point of AD R is mid-point of CD

Hence, SR || AC and SR = $\frac{1}{2}$ AC

From (1) and (2), we have PQ | SR

and PQ = SR

Hence, PQRS is a parallelogram.

Similarly, in ABCD, Q is mid-point of BC

R is mid-point of CD Hence, QR | BD

⇒ QN II LM and, LQ || MN

From (5) and (6), we have LMNQ is a parallelogram.

Hence, $\angle LMN = \angle LQN$ But, ∠LMN = 90°

Hence, $\angle LQN = 90^{\circ}$

Iv Given! [Given]

... (1) [v Mid Point Theorem]

[v Given] [: Given]

... (2) [Mid Point Theorem]

... (3) [\because PQ || AC and SR || AC] ... (4) [\because SR = $\frac{1}{2}$ AC and PQ = $\frac{1}{2}$ AC]

fr Given1

Iv Given]

[v Mid Point Theorem]

...(5)... (6) [PQ | AC]

[·· Opposite angles of a parallelogram]

[v Digonals of a rhombus are perpendicular to each other]

A parallelogram whose one angle is right angle, is a rectangle. Hence, PQRS is a rectangle.

Ncert Guide Of Math Class9

JG Myers

Ncert Guide Of Math Class9:

Class 9th Ncert Math Solution AAKASH SINGH,2020-11-10 This book comprises solution of every question of mathematics This book is prepared as per the guidelines syllabus and marking scheme issued by CBSE for Class IX Summative Assessment I and II The salient features of this book are This book have been so designed that complete syllabus is covered This book helps student in identify their weak areas and improve them Also it will help students gain confidence and will help students evaluate their reasoning analysis and understanding of the subject matter Educart NCERT Exemplar Class 9 Mathematics 2025 Problems Solutions (For 2025-26 Board Exam) Educart, 2025-02-24 What You Get Competency QuestionsMnemonicsNCERT Related Theory Step wise Solutions Educart NCERT Exemplar Class 9 Mathematics 2025 Problems Solutions For 2025 26 Board Exam All NCERT Exemplar Qs solved with detailed explanationsTheory and tricks related to the Qs for better retentionImportant Qs from Previous Year's Papers and DIKSHA PlatformCaution points to help avoid silly mistakes Why choose this book First EVER Educart NCERT Class 9 Problem Solution ExemplarIndustry best explanations for NCERT Exemplar Qs

Class 12 Ncert Math Solutions (Part 2),

NCERT Mathematics Solutions Class 12 Munish Sethi, NCERT Mathematics Solutions of class 12 Class 12 Ncert NCERT Solutions - Mathematics for Class IX Richa Aggarwal, 2014-01-01 Keeping in mind Math Solution (Part 1), the immense importance and significance of the NCERT Textbooks for a student Arihant has come up with a unique book containing only and all Question Answers of NCERT Textbook based questions This book has been designed for the students studying in Class IX following the NCERT Textbook of Mathematics The present book has been divided into two parts covering the syllabi of Mathematics into Term I and Term II Term I covers chapters namely Number Systems Polynomials Introduction to Euclid's Geometry Lines and Angles Triangles Coordinate Geometry Heron's Formula and Linear Equations in Two Variables Term II Quadrilaterals Areas of Parallelograms Triangles Circles Constructions Surface Areas Volumes Statistics and Probability This book has been worked out with an aim of overall development of the students in such a way that it will help students define the way how to write the answers of the textbook based questions This book has answer to each every question covered in the chapters of the textbook for Class IX Mathematics Also each chapter in the book begins with a summary of the chapter which will help in effective understanding of the theme of the chapter and to make sure that the students will be able to answer all popular questions concerned to a particular chapter whether it is Long Answer Type or Short Answer Type Question The book has been designed systematically in the simplest manner for easy comprehension of the chapters and their themes The book also covers selected NCERT Exemplar Problems which will help the students understand the type of questions and answers to be expected in the actual Class IX Mathematics Examination As the book has been designed strictly according to the NCERT Textbook of Mathematics for Class IX and provides a thorough and complete coverage of the textbook based questions it for sure will help the Class IX students in an effective way for

Mathematics Class 8th Ncert Math Solution AAKASH SINGH, 2020-11-10 This book comprises solution of every question of mathematics This book is prepared as per the guidelines syllabus and marking scheme issued by CBSE for Class VIii Summative Assessment I and II The salient features of this book are This book have been so designed that complete syllabus is covered This book helps student in identify their weak areas and improve them Also it will help students gain confidence and will help students evaluate their reasoning analysis and understanding of the subject matter NCERT Mathematics Practice Book 1 Sheela Khandelwal, The NCERT Mathematics Practice Books for classes 1 to 8 are designed to provide additional practice to the users of the NCERT Mathematics Textbooks as well as for the general practice of mathematical concepts These books serve as companions to the NCERT Mathematics Textbooks Math Magic for classes 1 to 5 and Mathematics for classes 6 to 8 **Grade Booster NCERT Mathematics Class 10** I.S. CHAWLA, 2025-09-15 The Grade Booster NCERT Mathematics Class 10 is a complete preparation guide covering the full NCERT syllabus It features clear theory notes solved NCERT and exemplar questions and additional practice sets for each topic The book equips students with problem solving strategies examiner s insights and model questions to master algebra trigonometry geometry probability and statistics ensuring high performance in board exams Class 6th Ncert Math Solution AAKASH SINGH, This book comprises solution of every question of mathematics This book is prepared as per the quidelines syllabus and marking scheme issued by CBSE for Class VI Summative Assessment I and II The salient features of this book are This book have been so designed that complete syllabus is covered This book helps student in identify their weak areas and improve them Also it will help students gain confidence and will help students evaluate their reasoning analysis and understanding of the subject matter Class 6th Ncert Math Solution ,2020-11-08 This book comprises every solution of mathematics This book is prepared as per the quidelines syllabus and marking scheme issued by CBSE for Class VI Summative Assessment I and II The salient features of this book are This book have been so designed that complete syllabus is covered This book helps student in identify their weak areas and improve them Also it will help students gain confidence and will help students evaluate their reasoning analysis and understanding of the subject matter CBSE - Solutions of RD Sharma - Mathematics - Class 10 : For 2021 Exam I.S. Chawla, This book is the solution of Mathematics R D Sharma class 10th Publisher Dhanpat Rai It includes solved additional questions of all the chapters mentioned in the textbook and this edition is for 2021 Examinations Recommended for only CBSE students **CBSE** Mathematics Solutions of RD Sharma Class 10 [For 2022 Examinations] I.S. Chawla, P.P. Singh, This book is the solution of Mathematics R D Sharma class 10th Publisher Dhanpat Rai It includes solved additional questions of all the chapters mentioned in the textbook and this edition is for 2022 Examinations Recommended for only CBSE students Class-X solutions book Sabyasachi Rout, 2021-11-09 The book has compiled a step by step solution to the NCERT pattern equations according to latest syllabus It also includes commentaries on the necessity of the steps followed along with sufficient

illustrations and examples for a clear and better understanding This book has been divided into 15 exhaustive chapters where each chapter respectively has focused on the fundamentals of real numbers polynomials along with pair of linear equations in two variables quadratic equations and arithmetic progressions It also focuses on the proof of triangles co ordinate geometry along with the introduction to trigonometry and its various applications. The book further takes a systematic approach in covering circles its constructions areas related to circles surface areas and volumes as well as statistics and probability Self-Help to CBSE Mathematics 10 (Solutions of RD Sharma) I.S. Chawla, This book is the solution of Mathematics R D Sharma class 10th Publisher Dhanpat Rai It includes solved additional questions of all the chapters mentioned in the textbook and this edition is for 2021 Examinations Recommended for only CBSE students

Longman Active Maths 4 Khurana Rohit, 2009-09 Educart CBSE Class 9 MATHEMATICS One Shot Question Bank 2024-25 (Updated for 2025 Exam) Educart, Mansi Sharma, 2024-06-17 What You Get Competency based Q sPrevious Year Q s Educart CBSE Class 9 Mathematics One Shot Question Bank 2024 25 Updated for 2025 Exam Strictly Based on 22nd March 2024 CBSE SyllabusImportant Q s from NCERT Textbook and Exemplars Extra Competency based Questions based on Revised PatternPremium Study Material including Free Papers from all CBSE Schools Why choose this book India s first ever book to provide structured chapter wise learning Oswaal CBSE Sample Question Papers English, Math, Science & Social Science Class 9 (Set of 4 Books) (For 2024 Exams) | 2023-24 Oswaal Editorial Board, 2023-11-10 Description of the product 100% Exam Ready With 2023 CUET UG Exam Papers 2 Slots Fully Solved with Explanations Fill Learning Gaps With Revision Notes Chapter Analysis Crisp Recap with Smart Mind Maps Concept Videos Smart Shortcuts To Solve lengthy problems Final Boost With Tips Tricks to ACE CUET UG in 1st Attempt **Educart Term 2 Mathematics CBSE Class 12** Objective & Subjective Question Bank 2022 (Exclusively on New Competency Based Education Pattern) EduCart, 2021-12-28 Educart Class 12 Mathematics Ouestion Bank combines remarkable features for Term 2 Board exam preparation Exclusively developed based on Learning Outcomes and Competency based Education Pattern this one book includes Chapter wise theory for learning Solved Questions from NCERT and DIKSHA and Detailed Explanations for concept clearance and Unsolved Self Practice Questions for practice Topper's Answers are also given to depict how to answer Questions according to the CBSE Marking Scheme Solutions

If you ally obsession such a referred **Ncert Guide Of Math Class9** ebook that will give you worth, get the definitely best seller from us currently from several preferred authors. If you desire to hilarious books, lots of novels, tale, jokes, and more fictions collections are in addition to launched, from best seller to one of the most current released.

You may not be perplexed to enjoy all books collections Ncert Guide Of Math Class9 that we will no question offer. It is not more or less the costs. Its not quite what you craving currently. This Ncert Guide Of Math Class9, as one of the most lively sellers here will totally be along with the best options to review.

https://hersolutiongelbuy.com/About/browse/default.aspx/repair manual for samsung refrigerator rfg297hdrs.pdf

Table of Contents Ncert Guide Of Math Class9

- 1. Understanding the eBook Ncert Guide Of Math Class9
 - The Rise of Digital Reading Ncert Guide Of Math Class9
 - Advantages of eBooks Over Traditional Books
- 2. Identifying Ncert Guide Of Math Class9
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Ncert Guide Of Math Class9
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from Ncert Guide Of Math Class9
 - Personalized Recommendations
 - Ncert Guide Of Math Class9 User Reviews and Ratings
 - Ncert Guide Of Math Class9 and Bestseller Lists
- 5. Accessing Ncert Guide Of Math Class9 Free and Paid eBooks

- Ncert Guide Of Math Class9 Public Domain eBooks
- Ncert Guide Of Math Class9 eBook Subscription Services
- Ncert Guide Of Math Class9 Budget-Friendly Options
- 6. Navigating Ncert Guide Of Math Class9 eBook Formats
 - o ePub, PDF, MOBI, and More
 - Ncert Guide Of Math Class9 Compatibility with Devices
 - Ncert Guide Of Math Class9 Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Ncert Guide Of Math Class9
 - Highlighting and Note-Taking Ncert Guide Of Math Class9
 - Interactive Elements Ncert Guide Of Math Class9
- 8. Staying Engaged with Ncert Guide Of Math Class9
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Ncert Guide Of Math Class9
- 9. Balancing eBooks and Physical Books Ncert Guide Of Math Class9
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Ncert Guide Of Math Class9
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Ncert Guide Of Math Class9
 - Setting Reading Goals Ncert Guide Of Math Class9
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Ncert Guide Of Math Class9
 - Fact-Checking eBook Content of Ncert Guide Of Math Class9
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development

- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

Ncert Guide Of Math Class9 Introduction

In the digital age, access to information has become easier than ever before. The ability to download Ncert Guide Of Math Class 9 has revolutionized the way we consume written content. Whether you are a student looking for course material, an avid reader searching for your next favorite book, or a professional seeking research papers, the option to download Ncert Guide Of Math Class9 has opened up a world of possibilities. Downloading Ncert Guide Of Math Class9 provides numerous advantages over physical copies of books and documents. Firstly, it is incredibly convenient. Gone are the days of carrying around heavy textbooks or bulky folders filled with papers. With the click of a button, you can gain immediate access to valuable resources on any device. This convenience allows for efficient studying, researching, and reading on the go. Moreover, the cost-effective nature of downloading Ncert Guide Of Math Class9 has democratized knowledge. Traditional books and academic journals can be expensive, making it difficult for individuals with limited financial resources to access information. By offering free PDF downloads, publishers and authors are enabling a wider audience to benefit from their work. This inclusivity promotes equal opportunities for learning and personal growth. There are numerous websites and platforms where individuals can download Ncert Guide Of Math Class9. These websites range from academic databases offering research papers and journals to online libraries with an expansive collection of books from various genres. Many authors and publishers also upload their work to specific websites, granting readers access to their content without any charge. These platforms not only provide access to existing literature but also serve as an excellent platform for undiscovered authors to share their work with the world. However, it is essential to be cautious while downloading Ncert Guide Of Math Class 9. Some websites may offer pirated or illegally obtained copies of copyrighted material. Engaging in such activities not only violates copyright laws but also undermines the efforts of authors, publishers, and researchers. To ensure ethical downloading, it is advisable to utilize reputable websites that prioritize the legal distribution of content. When downloading Ncert Guide Of Math Class9, users should also consider the potential security risks associated with online platforms. Malicious actors may exploit vulnerabilities in unprotected websites to distribute malware or steal personal information. To protect themselves, individuals should ensure their devices have reliable antivirus software installed and validate the legitimacy of the websites they are downloading from. In conclusion, the ability to download Ncert Guide Of Math Class has transformed the way we access information. With the convenience, cost-effectiveness, and accessibility it

offers, free PDF downloads have become a popular choice for students, researchers, and book lovers worldwide. However, it is crucial to engage in ethical downloading practices and prioritize personal security when utilizing online platforms. By doing so, individuals can make the most of the vast array of free PDF resources available and embark on a journey of continuous learning and intellectual growth.

FAQs About Ncert Guide Of Math Class9 Books

- 1. Where can I buy Ncert Guide Of Math Class books? Bookstores: Physical bookstores like Barnes & Noble, Waterstones, and independent local stores. Online Retailers: Amazon, Book Depository, and various online bookstores offer a wide range of books in physical and digital formats.
- 2. What are the different book formats available? Hardcover: Sturdy and durable, usually more expensive. Paperback: Cheaper, lighter, and more portable than hardcovers. E-books: Digital books available for e-readers like Kindle or software like Apple Books, Kindle, and Google Play Books.
- 3. How do I choose a Ncert Guide Of Math Class9 book to read? Genres: Consider the genre you enjoy (fiction, non-fiction, mystery, sci-fi, etc.). Recommendations: Ask friends, join book clubs, or explore online reviews and recommendations. Author: If you like a particular author, you might enjoy more of their work.
- 4. How do I take care of Ncert Guide Of Math Class9 books? Storage: Keep them away from direct sunlight and in a dry environment. Handling: Avoid folding pages, use bookmarks, and handle them with clean hands. Cleaning: Gently dust the covers and pages occasionally.
- 5. Can I borrow books without buying them? Public Libraries: Local libraries offer a wide range of books for borrowing. Book Swaps: Community book exchanges or online platforms where people exchange books.
- 6. How can I track my reading progress or manage my book collection? Book Tracking Apps: Goodreads, LibraryThing, and Book Catalogue are popular apps for tracking your reading progress and managing book collections. Spreadsheets: You can create your own spreadsheet to track books read, ratings, and other details.
- 7. What are Ncert Guide Of Math Class9 audiobooks, and where can I find them? Audiobooks: Audio recordings of books, perfect for listening while commuting or multitasking. Platforms: Audible, LibriVox, and Google Play Books offer a wide selection of audiobooks.
- 8. How do I support authors or the book industry? Buy Books: Purchase books from authors or independent bookstores. Reviews: Leave reviews on platforms like Goodreads or Amazon. Promotion: Share your favorite books on social media

- or recommend them to friends.
- 9. Are there book clubs or reading communities I can join? Local Clubs: Check for local book clubs in libraries or community centers. Online Communities: Platforms like Goodreads have virtual book clubs and discussion groups.
- 10. Can I read Ncert Guide Of Math Class9 books for free? Public Domain Books: Many classic books are available for free as theyre in the public domain. Free E-books: Some websites offer free e-books legally, like Project Gutenberg or Open Library.

Find Ncert Guide Of Math Class9:

repair manual for samsung refrigerator rfg297hdrs repair manual suzuki quad king 300 repair manual ford 5000 diesel repair manual kenwood vr 5900 audio surround receiver repair manual for porsche cayenne repair manual for gmc denali spare tire

repair manual for ford ranger edge 2015

repair manual for poulan pro 260 chainsaw repair manual for ford 140 tractor

repair manual for ih 464 tractor repair windows movie maker vista repair manual trane ttv300ad

reparation guide opel kadett repair manual mazda rx7

repair manual of toyota sienna

Ncert Guide Of Math Class9:

The Quest of the Holy Grail (Penguin Classics), Packaging ... It recounts the guest of the knights of Camelot - the simple Perceval, the thoughtful Bors, the rash Gawain, the weak Lancelot and the saintly Galahad - as they ... The Quest of the Holy Grail by Unknown It recounts the quest of the knights of Camelot - the simple Perceval, the thoughtful Bors, the rash Gawain, the weak Lancelot and the saintly Galahad - as they ... Holy Grail The Holy Grail is revealed in the story to be the blood of

Jesus Christ that contains his power, only accessible to those descended from him, with the vessel of ... Summary - Quest of The Holy Grail Galahad frees the Castle of Maidens, defeats Lancelot, obtains a special sword and scabbard and visits with Lancelot all before arriving at the grail castle. In ... The Holy Grail Summary After a full life as a knight, Sir Percivale retires to an abbey near Camelot and becomes a monk. Shortly afterward, he dies. Ambrosius, one of the ... The Quest of the Holy Grail by Anonymous It recounts the quest of the knights of Camelot - the simple Perceval, the thoughtful Bors, the rash Gawain, the weak Lancelot and the saintly Galahad - as they ... The Queste of the Holy Grail by WW Comfort — The whole setting of the Arthurian court, the Round Table and the knights, even their search for the Holy Grail—all this was taken over; the endless adventures ... The Quest for the Holy Grail - The Legend of King Arthur When the three knights returned to their ship, they found the Grail already waiting for them there. They took it to the city of Sarras, just as they had been ... The Quest of the Holy Grail It recounts the quest of the knights of Camelot - the simple Perceval, the thoughtful Bors, the rash Gawain, the weak Lancelot and the saintly Galahad - as they ... Lila: An Inquiry into Morals Lila: An Inquiry into Morals (1991) is the second philosophical novel by Robert M. Pirsig, who is best known for Zen and the Art of Motorcycle Maintenance. Lila: An Inquiry Into Morals by Robert M. Pirsig It provides a framework for better understanding the role that "Quality" - which is not definable via language - can play in a world dominated by scientific ... Lila: An Inquiry Into Morals (Phaedrus, #2) ... In this best-selling new book, his first in seventeen years, Robert M. Pirsig, author of Zen and the Art of Motorcycle Maintenance, takes us on a poignant ... Lila Quotes by Robert M. Pirsig 24 quotes from Lila: An Inquiry Into Morals (Phaedrus, #2): 'Insanity as an absence of common characteristics is also demonstrated by the Rorschach ink-b... An Inquiry Into Morals' by Robert M. Pirsig? Why or why not? Apr 28, 2023 — Is "Lila: An Inquiry Into Morals" by Robert M. Pirsig worth the read? If you love philosophy, psychology and spirituality, it's definitely ... Lila: An Inquiry into Morals | Robert M. Pirsig | First Edition Lila: An Inquiry into Morals. ISBN: 0553077376. New York, NY: Bantam Books, 1991. First Edition. Hardcover. "Zen and the Art of Motorcycle Maintenance holds ... Lila: An Inquiry Into Morals by Robert Pirsig Lila is a novel-cumphilosophical tome that wrestles with the issues and problems of life in the Nineties. Phaedrus, the principle character, is a ... Lila: An Inquiry into Morals, by Robert Pirsig - Erik Torenberg There is no point in anything. Nothing is right and nothing is wrong. Everything just functions, like machinery. There is nothing wrong with ... Lila: An Inquiry into Morals by Robert M. Pirsig, Paperback The author of Zen and the Art of Motorcycle Maintenance examines life's essential issues as he recounts the journey down the Hudson River. Lila: An Inquiry into Morals by Pirsig, Robert 409 pages. First edition, first printing. His sequel to Zen and the Art of Motorcycle Maintenance. He explores morality & what makes life worth living. Me and My Feelings: A Kids' Guide to Understanding and ... This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping ... Me and My Feelings: A Kids' Guide to Understanding ... Amazon.com: Me and My Feelings: A Kids' Guide to Understanding and Expressing Themselves eBook:

Allen M.Ed. NBCT, Vanessa Green: Kindle Store. Me and My Feelings | Book by Vanessa Green Allen MEd ... This book gives kids the skills to stay in control—by breathing deeply, saying positive things to themselves, talking about their feelings instead of keeping ... Me and My Feelings: A Kids' Guide to Understanding and ... This book shows you how to stay in control—by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal ... Me and My Feelings: A Kids' Guide to Understanding and ... Sep 17, 2019 — Me and My Feelings is a good book to help children learn and understand their feelings, emotions, and how to express them in healthy ways. Eye- ... Me And My Feelings - By Vanessa Green Allen (paperback) ... children. This kid-friendly, interactive collection of lessons and activities will help children learn how to manage their emotions--and themselves."--Amie ... Me and My Feelings: A Kids' Guide to ... - nature+nurture This book shows you how to stay in control—by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to deal ... Me and My Feelings: A Kids' Guide to Understanding and ... This book shows you how to stay in control - by breathing deeply, saying positive things to yourself, talking about your feelings, and more. You'll learn to ... Me and My Feelings: A Kids' Guide to Understanding... by Vanessa Green Allen. \$9.99. Select Format. Format: Paperback (\$4.59 - \$9.99). Select Condition ...