We’ve all had those days. Sometimes you just feel cranky. You’re tired, you’re hungry, or life isn’t fair. You get blamed for things you didn’t do, and certain people call you names and hide your stuff and even use your toothbrush! The world is full of injustice.

Dealing with emotions can be hard. It can help, though, to figure out reasons you might be feeling cranky and acknowledge those feelings. It’s good to know that it’s okay to be in a bad mood—just not to take it out on others—and to learn simple ways to help you process difficult emotions.

Cranky Right Now is a fun and funny ride through the ups and downs of being cranky. With playful characters and colorful illustrations, New York Times bestselling author and illustrator Julie Berry and Holly Hatam show that even the crankiest days can be better with a nap or a snack, petting a soft kitty, or just doing something kind for someone else.

So after you stomp around in your cranky boots, go ahead and look for happy on the other side of cranky!
I’m cranky right now, and I have my reasons.

I’m cranky right now, and I don’t want to talk about it.
I wouldn’t be so cranky if other people weren’t cranky, too. They started it. They’re acting like I have horns coming out of my head. I’m not the one with the horns.
Mom says if I’m so cranky,
I should go straight to bed.
I hate bed.