

dont wake up the tiger

dont wake up the tiger: Understanding the Power of Unleashed Potential

dont wake up the tiger—a phrase that immediately conjures vivid imagery of a powerful, sleeping beast ready to spring into action. But beyond its literal meaning, this expression carries deep metaphorical significance in many aspects of life, from personal growth and emotional management to business strategy and conflict resolution. In this article, we'll explore the many layers behind the phrase "dont wake up the tiger," uncover its relevance in different contexts, and provide practical insights to help you harness your inner strength without unnecessary risks.

The Origins and Meaning of "Dont Wake Up the Tiger"

The phrase "dont wake up the tiger" is often used as a warning, advising caution against provoking something or someone who possesses immense power or potential for destruction. Tigers, known for their strength, agility, and fierce nature, symbolize latent energy that, once disturbed, can be unpredictable and overwhelming.

In various cultures, the tiger is not only a symbol of danger but also of courage, passion, and resilience. Thus, "dont wake up the tiger" can be interpreted as a reminder to respect boundaries and understand the consequences of stirring up powerful forces, whether internal or external.

Metaphorical Implications

While the literal tiger sleeps in the wild, the metaphorical tiger represents anything from suppressed emotions to untapped talents or volatile situations. For example:

- **Emotional restraint:** Avoid provoking anger or resentment in yourself or others.
- **Personal potential:** Be mindful of when to unleash your full capabilities.
- **Conflict management:** Recognize when a situation is volatile and requires careful handling.

Understanding these nuances helps us navigate life with more wisdom and balance.

Dont Wake Up the Tiger: Emotional Intelligence and Self-Control

One of the most common contexts where "dont wake up the tiger" applies is emotional management. Everyone has moments when feelings like anger, frustration, or anxiety

simmer beneath the surface. If these emotions are "woken up" or triggered unnecessarily, they can lead to conflict and regret.

Recognizing Your Inner Tiger

Your "inner tiger" might be that intense feeling or reaction that you try to keep in check. Learning to identify the signs that this intense emotion is stirring is crucial. These signs can include:

- Increased heart rate
- Irritability or impatience
- Negative thought patterns
- Physical tension like clenched fists or jaw

By recognizing these early indicators, you can choose to calm yourself before the situation escalates.

Practical Tips to Keep the Tiger Asleep

Managing your emotions doesn't mean suppressing them but rather channeling them constructively. Here are some strategies:

- **Mindfulness and breathing exercises:** Deep breathing can help reduce immediate stress and prevent emotional outbursts.
- **Pause before reacting:** Give yourself a moment to think before responding in tense situations.
- **Express feelings healthily:** Journaling or talking to a trusted friend can release bottled-up emotions.
- **Set boundaries:** Know your limits and communicate them clearly to avoid unnecessary triggers.

These approaches can help you maintain emotional balance and avoid "waking up the tiger" unnecessarily.

Dont Wake Up the Tiger in Relationships

Whether in personal relationships or professional settings, the phrase carries weight when it comes to handling interpersonal dynamics. Provoking someone's "tiger" can lead to damaged trust and lasting conflicts.

Understanding Triggers in Others

Each person has unique sensitivities or "tigers" that, when disturbed, provoke strong

reactions. Empathy plays a vital role in recognizing these triggers:

- **Listen actively:** Pay attention to what others say and how they express their feelings.
- **Observe body language:** Signs of discomfort or agitation may indicate a "tiger" about to be awakened.
- **Respect boundaries:** Avoid pushing people into topics or behaviors they are uncomfortable with.

By being mindful of others' emotional states, you can foster healthier and more respectful relationships.

Conflict Resolution Without Stirring the Tiger

When disagreements arise, the goal should be to resolve conflicts without escalating tensions. Here are some effective ways to handle disputes tactfully:

- **Stay calm and composed:** Your demeanor can influence the emotional tone of the conversation.
- **Use "I" statements:** Express your feelings without blaming or accusing the other person.
- **Seek common ground:** Focus on shared goals rather than differences.
- **Take breaks if needed:** Sometimes stepping away temporarily can prevent fiery exchanges.

Handling conflicts with care ensures that no one's metaphorical tiger is unnecessarily awakened.

Dont Wake Up the Tiger: Strategic Lessons from Nature and Business

The wisdom behind "dont wake up the tiger" is not just emotional but strategic. In business and leadership, understanding when to act boldly and when to hold back can be the difference between success and failure.

Timing and Patience in Decision-Making

Just as a hunter respects the power of a tiger and carefully plans their moves, business leaders must assess situations thoroughly before making decisions that could trigger volatile outcomes.

- **Analyze risks:** Evaluate potential consequences before launching new initiatives.
- **Anticipate reactions:** Understand how stakeholders might respond to changes.
- **Maintain flexibility:** Be ready to adapt if circumstances shift unexpectedly.

This cautious yet confident approach helps maintain control and avoid unnecessary disruptions.

Unleashing the Tiger: When to Embrace Bold Action

Of course, there are moments when waking the tiger is necessary—when dormant power must be unleashed to drive growth, innovation, or change.

Signs that it's time to awaken your tiger include:

- Stagnation or lack of progress
- Clear opportunities with manageable risks
- Strong support and resources in place
- Personal or organizational readiness for challenge

Knowing when to move forward with vigor, rather than hesitating out of fear, is an essential leadership skill.

Creative and Cultural Expressions of "Dont Wake Up the Tiger"

The motif of a sleeping or awakened tiger has inspired artists, writers, and musicians alike. It appears in literature, film, and music as a symbol of hidden strength or impending danger.

In Literature and Popular Culture

From classic fables to modern novels, the tiger often represents a force of nature or a character's internal struggle. The warning "dont wake up the tiger" serves as a narrative device to build tension or highlight the consequences of actions.

Music and Metaphor

Several songs and albums have drawn on this imagery to convey themes of power, rebellion, or transformation. The metaphor resonates because it taps into universal experiences of restraint and release.

Final Thoughts on Dont Wake Up the Tiger

The phrase "dont wake up the tiger" is more than just a cautionary saying; it's a profound

metaphor that reminds us to respect the forces within ourselves and others. Whether it's managing emotions, navigating relationships, or making strategic decisions, understanding when to hold back and when to act boldly can lead to better outcomes.

Embracing this wisdom means cultivating awareness, patience, and empathy—qualities that help us live harmoniously with the powerful "tigers" that exist all around us and within us. Next time you hear or think of "don't wake up the tiger," remember it as a call to balance strength with prudence, passion with control, and instinct with reason.

Frequently Asked Questions

What is the meaning behind the phrase 'Don't wake up the tiger'?

The phrase 'Don't wake up the tiger' is a metaphorical warning advising against provoking or disturbing someone or something powerful and potentially dangerous.

In what contexts is 'Don't wake up the tiger' commonly used?

It is often used in situations where caution is advised to avoid triggering anger, conflict, or a strong reaction from a person or group.

Are there any popular books or movies titled 'Don't Wake Up the Tiger'?

As of now, there are no widely known books or movies specifically titled 'Don't Wake Up the Tiger,' but the phrase is sometimes used in creative works to convey tension or threat.

How can the phrase 'Don't wake up the tiger' be applied in everyday life?

In everyday life, it can be used humorously or seriously to suggest avoiding actions that might upset someone who is usually calm but can become aggressive if provoked.

What cultural significance does the tiger have that relates to the phrase 'Don't wake up the tiger'?

Tigers symbolize strength, power, and unpredictability in many cultures, so the phrase leverages this symbolism to warn against disturbing a force that should be respected and handled carefully.

Additional Resources

****Dont Wake Up the Tiger: Unpacking the Metaphor and Its Cultural Resonance****

dont wake up the tiger is a phrase that resonates deeply across various contexts, from literature and pop culture to psychological and geopolitical discussions. At once a warning and a metaphor, it evokes the imagery of latent power or danger that, when disturbed, can lead to unpredictable and often destructive consequences. This article aims to explore the multifaceted meaning of "dont wake up the tiger," analyzing its usage, symbolic significance, and relevance in modern discourse.

The Origins and Symbolism of "Dont Wake Up the Tiger"

The phrase "dont wake up the tiger" metaphorically refers to the idea of not provoking a powerful force or entity that is currently dormant or contained. This tiger symbolizes latent strength, aggression, or potential chaos. Historically, the tiger has been a symbol of power, courage, and unpredictability in many cultures, notably in Asia where it is revered and feared simultaneously.

In idiomatic use, the phrase serves as a cautionary statement advising restraint. It suggests that certain actions or provocations may unleash consequences beyond control, much like disturbing a tiger in its slumber. The tiger's slumber represents a fragile balance—when disturbed, the resulting reaction can be fierce and overwhelming.

Psychological Interpretations

From a psychological standpoint, "dont wake up the tiger" can be understood as a metaphor for the subconscious mind or repressed emotions. The "tiger" in this context may symbolize suppressed anger, trauma, or primal instincts that, if triggered, could lead to emotional outbursts or destructive behavior.

Therapists and counselors sometimes caution against prematurely confronting deeply buried issues without proper support, akin to avoiding waking the tiger. This analogy underlines the importance of careful handling of psychological wounds, advocating for gradual and mindful approaches to healing.

Political and Geopolitical Contexts

In political discourse, the phrase is often employed to describe the risks of provoking a nation, group, or movement with substantial power or influence. For example, in analyzing international relations, commentators might warn against "waking the tiger" of nationalist sentiment or military power, highlighting the dangers of escalating tensions.

One notable application is in discussions surrounding countries with significant military capabilities or internal volatility. Provocations—whether diplomatic, economic, or military—can be seen as "waking the tiger," potentially leading to conflict or instability. This metaphor helps illustrate the precarious balance in global politics where restraint can prevent escalation.

Usage in Literature and Pop Culture

The phrase "dont wake up the tiger" has found its way into various forms of media, including books, films, music, and video games. Its evocative imagery lends itself well to storytelling that involves hidden dangers or suppressed forces.

Books and Literary References

Several authors have utilized the tiger metaphor to convey themes of latent danger or power. In thrillers and suspense novels, characters or situations described as "sleeping tigers" often harbor a potential for sudden violence or upheaval.

The phrase's allure lies in its duality—the tiger is both majestic and deadly, symbolizing the fine line between control and chaos. Writers leverage this to deepen character development or plot tension, making "dont wake up the tiger" a compelling motif.

Films and Television

Cinema has also embraced this metaphor, particularly in genres like action, drama, and psychological thrillers. The idea of an underlying threat that must not be disturbed creates suspense and drives narratives forward.

For example, in some martial arts and adventure films, the tiger is emblematic of a warrior's inner strength or a buried secret that, once unleashed, changes the trajectory of the story. The phrase encourages audiences to anticipate transformation or conflict.

Music and Cultural Expressions

Musicians and lyricists sometimes incorporate "dont wake up the tiger" to express warnings about emotional volatility or societal unrest. The metaphor resonates in lyrics addressing themes of caution, restraint, and the consequences of provocation.

Its flexibility as an image allows artists to connect with audiences on multiple levels, from personal struggles to broader social commentary.

Analyzing the Pros and Cons of the Metaphor in Communication

Using "don't wake up the tiger" as a metaphor or warning has distinct advantages and limitations, particularly in communication and rhetoric.

- **Pros:**

- *Evocative Imagery:* The phrase immediately conjures a vivid picture of latent danger, making it memorable.
- *Universal Understanding:* Tigers are globally recognized symbols of strength, facilitating cross-cultural comprehension.
- *Flexibility:* Applicable across psychological, political, and social contexts, enhancing its utility.

- **Cons:**

- *Potential Overuse:* As a common metaphor, it can become cliché if not used thoughtfully.
- *Ambiguity:* Without context, the warning may be too vague, leading to misinterpretation.
- *Fear Inducement:* It might reinforce fear or paranoia rather than encouraging constructive dialogue.

Understanding these factors is crucial for communicators aiming to employ the phrase effectively, ensuring it serves to clarify rather than obscure their message.

Real-World Examples and Case Studies

To better grasp the implications of "don't wake up the tiger," examining real-world instances where this metaphor applies can be insightful.

Economic Markets and "Sleeping Tigers"

In financial markets, emerging economies are sometimes described as “sleeping tigers” due to their untapped potential. Investors are advised to approach such markets cautiously, as rapid changes can lead to economic volatility.

Here, “dont wake up the tiger” metaphorically suggests that sudden, reckless investment or policy changes might destabilize growth. Balanced strategies are preferred to harness potential without triggering adverse effects.

Environmental and Wildlife Conservation

In conservation efforts, the phrase takes on a literal and figurative meaning. Protecting habitats to avoid disturbing natural predators like tigers is critical to maintaining ecological balance.

Moreover, human activities that “wake the tiger” by encroaching on wilderness areas can lead to increased human-wildlife conflicts, highlighting the need for sustainable coexistence.

Social Movements and Unrest

Social analysts sometimes use the metaphor when discussing suppressed societal grievances. Ignoring or oppressing certain groups may be seen as “sleeping tigers” that, when provoked, can erupt into protest or upheaval.

This underscores the importance of addressing underlying issues proactively, rather than risking the consequences of awakening a metaphorical tiger.

Integrating "Dont Wake Up the Tiger" into Contemporary Dialogue

The phrase remains relevant in modern conversations, especially in an era marked by rapid change and heightened sensitivities. Its application extends to leadership strategies, conflict resolution, and personal development.

Leaders, for instance, might heed the warning embedded in the metaphor to manage crises delicately, avoiding actions that could exacerbate tensions. Similarly, individuals navigating complex interpersonal relationships might interpret "dont wake up the tiger" as advice to recognize and respect boundaries.

In digital communication, the metaphor can serve as a shorthand for cautioning against actions that could provoke backlash, whether in social media dynamics or organizational responses.

The phrase’s enduring appeal lies in its ability to encapsulate complex warnings in a

simple, relatable image, making it a valuable tool for nuanced communication.

Exploring the phrase "dont wake up the tiger" reveals its deep-rooted significance across various domains. Whether symbolizing psychological states, geopolitical tensions, or cultural narratives, it remains a potent metaphor for latent power and the risks inherent in provocation. Its flexibility and vivid imagery continue to make it a relevant and evocative expression in contemporary discourse.

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dont wake up the tiger: Don't Wake Up the Tiger Britta Teckentrup, 2025-07-08 Tiger is fast asleep, but oh dear! She's lying completely in the way. Just how will the animals get past without waking her up? Luckily, Frog has an excellent idea and, holding his balloon, he floats right over sleeping Tiger! Fox is next, followed by Tortoise, Mouse and Stork, but it will be tricky for them all to get past without Tiger noticing! It's a good job that the reader is there to help keep Tiger asleep, isn't it? But where exactly are they going with all those big shiny balloons? Do you think it might be someone's birthday? Can you guess who?

dont wake up the tiger: Don't Provoke Princess Ai MuYing, 2020-10-25 Because she was the daughter of the Mu Clan. So the family ... The family property and glory belonged to her. It was also because she was the daughter of the Mu Clan. So the stepmother and sister became jealous, to take away her man, to take away her family fortune, To take away her glory, Together, they sent her to heaven. She was reborn to the age of fourteen, and turned on the hacking and reversing of their lives, Entrance to a happy school, He would use his own ability to exact revenge. There are risks associated with hanging out, Use carefully. It was also because she had met a man in her life who could make her vomit blood at any moment ...

dont wake up the tiger: Mindsight Colin MCGINN, 2009-06-30 How to imagine the imagination is a topic that draws philosophers the way flowers draw honeybees. From Plato and Aristotle to Wittgenstein and Sartre, philosophers have talked and written about this most elusive of topics--that is, until contemporary analytic philosophy of mind developed. Perhaps it is the vast range of the topic that has scared off our contemporaries, ranging as it does from mental images to daydreams. The guiding thread of this book is the distinction Colin McGinn draws between perception and imagination. Clearly, seeing an object is similar in certain respects to forming a mental image of it, but it is also different. McGinn shows what the differences are, arguing that imagination is a sui generis mental faculty. He goes on to discuss the nature of dreaming and madness, contending that these are primarily imaginative phenomena. In the second half of the book McGinn focuses on what he calls cognitive (as opposed to sensory) imagination, and investigates the

role of imagination in logical reasoning, belief formation, the understanding of negation and possibility, and the comprehension of meaning. His overall claim is that imagination pervades our mental life, obeys its own distinctive principles, and merits much more attention.

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dont wake up the tiger: *Tigers of Wrath* Vivek Iyer, 2007

dont wake up the tiger: *The Sultan's Tigers* Josh Lacey, 2012-10-04 The tiger is yours and you must come to take him. His jaw and chest are covered with fine jewels, rubies and emeralds . . . You must bring yourself to India and find this tiger. Tom Trelawney discovers an incredible family secret. While serving as a soldier in India one of his ancestors stole and then hid a precious, jewel-encrusted tiger. The tiger is one of eight - all identical - that once surrounded the throne of a legendary sultan. Now a ruthless Indian billionaire is attempting to collect the full set - and only one is still missing . . . With his roguish Uncle Harvey in tow, Tom sets off to find this family treasure. But they're not the only people looking for it . . .

dont wake up the tiger: *If Tigers Were Angels* Tom Tatum, 2013-04 This heartwarming story is about faith, believing, and the spiritual experiences of a young boy (Andy), an older couple (Ben and Grace) and Tiger Swallowtail butterflies, whose wings resemble those of angels. It involves our fast pace of life and how people often fail to notice the little things around them that may have a significant impact on their future. Ben was a workaholic and was consumed by his job. His efforts to advance up the corporate ladder left little time for him to spend with his children. Ben and Grace were empty nesters before he finally realized his misguided priorities and now lives with regrets. He enjoys working in his yard and each spring the flower blossoms remind him of the special moments he spent with his children back when they helped him plant them. Andy and Ben enjoy watching the Tigers float gracefully gathering nectar from the flowers. Andy's unusual relationship with the Tigers suddenly affects Ben spiritually and takes him to places he never dreamed possible.

dont wake up the tiger: *Tiger's Curse (Book 1 in the Tiger's Curse Series)* Colleen Houck, 2011-01-11 The last thing teenager Kelsey Hayes thought she'd be doing over the summer was meeting Ren, a mysterious white tiger and cursed Indian prince! When she learns she alone can break the Tigers curse, Kelsey's life is turned upside-down. The unlikely duo journeys halfway around the world to piece together an Indian prophecy, find a way to free the man trapped by a centuries-old spell, and discover the path to their true destiny.

dont wake up the tiger: *The Tiger's Den* T. Jack Lewis, 2013-08 This story is not about Japan. It is about all people. It is about tragedy and fear. It is about courage. It is about love, and it is about growth. It is about doing the right thing. It is written in English, but the setting is Western Manchuria early in World War II. The pilots of the Japanese forces are facing their first combat against top notch Russian pilots. They apply their training but find that actual combat is not what the books described. They find comfort in the arms of the women that provide relief... for a price. Manchuria + Mongolia. Russia + Japan. Buddhism + Christianity + Islam. Occupation + Oppression. The World's Oldest Profession + Sympathy and Humanity. Add them all together and you get: A compelling story of a young man thrown into a stark reality. He must grow quickly and learn the hard way. From the fear and danger to: The Tiger's Den

dont wake up the tiger: *Bad Guys Don't Have Birthdays* Vivian Gussin Paley, 2013-07-26 Bad guys are not allowed to have birthdays, pick blueberries, or disturb the baby. So say the four-year-olds who announce life's risks and dangers as they play out the school year in Vivian Paley's classroom. Their play is filled with warnings. They invent chaos in order to show that everything is under control. They portray fear to prove that it can be conquered. No theme is too large or too small for their intense scrutiny. Fantasy play is their ever dependable pathway to

knowledge and certainty. It . . . takes a special teacher to value the young child's communications sufficiently, enter into a meaningful dialogue with the youngster, and thereby stimulate more productivity without overwhelming the child with her own ideas. Vivian Paley is such a teacher.—Maria W. Piers, in the American Journal of Education [Mrs. Paley's books] should be required reading wherever children are growing. Mrs. Paley does not presume to understand preschool children, or to theorize. Her strength lies equally in knowing that she does not know and in trying to learn. When she cannot help children—because she can neither anticipate nor follow their thinking—she strives not to hinder them. She avoids the arrogance of adult to small child; of teacher to student; or writer to reader.—Penelope Leach, author of *Your Baby & Child in the New York Times Book Review* [Paley's] stories and interpretation argue for a new type of early childhood education . . . a form of teaching that builds upon the considerable knowledge children already have and grapple with daily in fantasy play.—Alex Raskin, Los Angeles Times Book Review Through the 'intuitive language' of fantasy play, Paley believes, children express their deepest concerns. They act out different roles and invent imaginative scenarios to better understand the real world. Fantasy play helps them cope with uncomfortable feelings. . . . In fantasy, any device may be used to draw safe boundaries.—Ruth J. Moss, *Psychology Today*

dont wake up the tiger: In Search of the Blue Tiger Robert Power, 2012-03-01 Eleven year old Oscar Flowers is on a quest to make sense of the strange world of adults that surround him in the seaside town of Tidetown. The bizarre behaviour of his parents and great aunt impels him to search for the blue tiger, a powerful and beautiful animal that will save his family from themselves. Mrs April, the town's librarian, helps Oscar in his pursuit of knowledge and generously shares her great love of books with him. A deep and wondrous friendship develops. Yet as Oscar falls under the influence of his peers, the fishmonger's peculiar twin daughters, Perch and Carp, he becomes embroiled in a dark crime of vengeance with seemingly disastrous consequences.

dont wake up the tiger: Tigers of the Death's Head Ian Michael Wood, 2013-12-01 This detailed history of the Tiger Company of Nazi Germany's notorious Death's Head panzer division of the Waffen-SS covers the armored combat at Kursk, Warsaw, and other battles on the Eastern Front. Based on after-action reports, war diaries, and personal accounts from veterans, this all-encompassing title includes numerous detailed photos of Tiger tanks and the men who crewed them. Essential reference for modelers, historians, armor fans, and World War II enthusiasts.

dont wake up the tiger: My Second Life Kinneth Hollaway, 2005-11 Then the circle passes unto its own taking on new challenges, until its energy moves me upward into the heaven space.bliss. With passion and an extraordinary talent for narrative fiction, Kinneth Hollaway takes us deep into the lives of Jonathan and Emmanuelle. This luminous story begins with simplicity and candor, as Jonathan takes us through the past year of his life; a journey in which he describes his change from mediocre existence to a brilliant man in flux, his fear disseminating as he takes on a new persona. Emmanuelle is the artist 'M a hip vivacious woman, who has arisen from an abused woman, to a wondrous pop artist with an eclectic group of people and her brave eight-year-old daughter, Casey. As she takes us through the past year of her life, she opens her mind and fills her story with vibrant colors, group therapy sessions and finally her 'Suicide Six' paintings, which makes her famous. She begins and ends in New York, where she meets Jonathan, and they engage in a love affair, bringing their lives closer together with great imagination and a bond that cannot be broken. *My Second Life* is a true charm, an exciting ride through the adventurous lives of several people.a great story for everyone

dont wake up the tiger: Feed the Tiger, Free the Dragon Gillian Harper, 2022-09-20 Has your partner become your everything? That's probably not a good thing. In many modern relationships, our partners have become our everything—best friend, lover, career mentor, co-parent, gym buddy, fellow food critic, and TV-binge-watching-partner. And if you were in a relationship during the pandemic, you did literally everything together. All. Day. Long. The further we go down this road, the more our relationships start to feel (and taste) like a lukewarm bowl of porridge. No salt. No sugar. No delicious apple-berry granola crumble. Just a plain old bowl of oats served up three times

a day. And sure, oats are reasonably nutritious, but they are also really boring. After spending so much time together we have, like magnets, rubbed up against each other for so long that we have completely lost the powerful energy and sexual attraction we once had. But you don't need to settle for a life devoid of desire and passion. It's time to stop settling. So put down that sad little spoon and stop eating that gruel. It's time to feel your sharp teeth, your claws, and the fire in your chest. In *Feed the Tiger, Free the Dragon*, you will learn to create more excitement and sexual tension in your relationship through the practice of polarity. The natural law of polarity states that people with opposite sexual energy produce an attractive force between them, while people with the same energy produce a neutral or repulsive force. In other words, opposites attract. And the larger the energy distance between two people, the greater the attraction. Using the narrative of her broken marriage as a guide, Harper teaches us how to master the principles of polarity and how to embrace our inner Tiger or inner Dragon. By understanding and embracing your authentic uniqueness and learning to counterintuitively push away from your partner, you will find more love, lust, pleasure, freedom, and respect. Yes, that's a lot. But isn't it time to start living the most fulfilled version of our lives? It's time to find our happiness.

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dont wake up the tiger: *Don't Let Them Disappear* Chelsea Clinton, 2019-04-02 From the author of the #1 New York Times bestseller *She Persisted* comes a beautiful book about the animals who share our planet--and what we can do to help them survive. Did you know that blue whales are the largest animals in the world? Or that sea otters wash their paws after every meal? The world is filled with millions of animal species, and all of them are unique and special. Many are on the path to extinction. In this book, Chelsea Clinton introduces young readers to a selection of endangered animals, sharing what makes them special, and also what threatens them. Taking readers through the course of a day, *Don't Let Them Disappear* talks about rhinos, tigers, whales, pandas and more, and provides helpful tips on what we all can do to help prevent these animals from disappearing from our world entirely. With warm and engaging art by Gianna Marino, this book is the perfect read for animal-lovers and anyone who cares about our planet. Praise for *Don't Let Them Disappear*: A winning heads up for younger readers just becoming aware of the wider natural world. --Kirkus Reviews An inviting . . . appeal to care for the planet and its most vulnerable creatures. --Publishers Weekly

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dont wake up the tiger: *Fighting Invisible Tigers* Earl Hipp, 2020-12-16 Award-winning title offers teens straightforward advice on stress management, anxiety reduction, and digital well-being. Untempered stress among teens is approaching epidemic status. Prolonged and intense anxiety can feel like being stalked by a tiger, never knowing when it will strike. Helping adolescents cope with day-to-day stressors—like school, friendships, family, and social media—can help curb impulsivity and other risky behaviors. Now in its fourth edition, the revised and updated *Fighting Invisible Tigers* teaches teens proven techniques and stress management skills to face the rigors of growing up. Packed with useful information on how stress affects physical and emotional health, readers will learn: smart approaches to handle decision-making easy steps toward greater assertiveness relaxation and mindfulness exercises to focus their minds time management skills to avoid feeling pressured how to avoid online drama positive self-talk techniques and more! Getting rid of stress is impossible, but learning how to control the response to it can help teens develop healthier relationships, make better decisions, and outsmart those tigers.

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