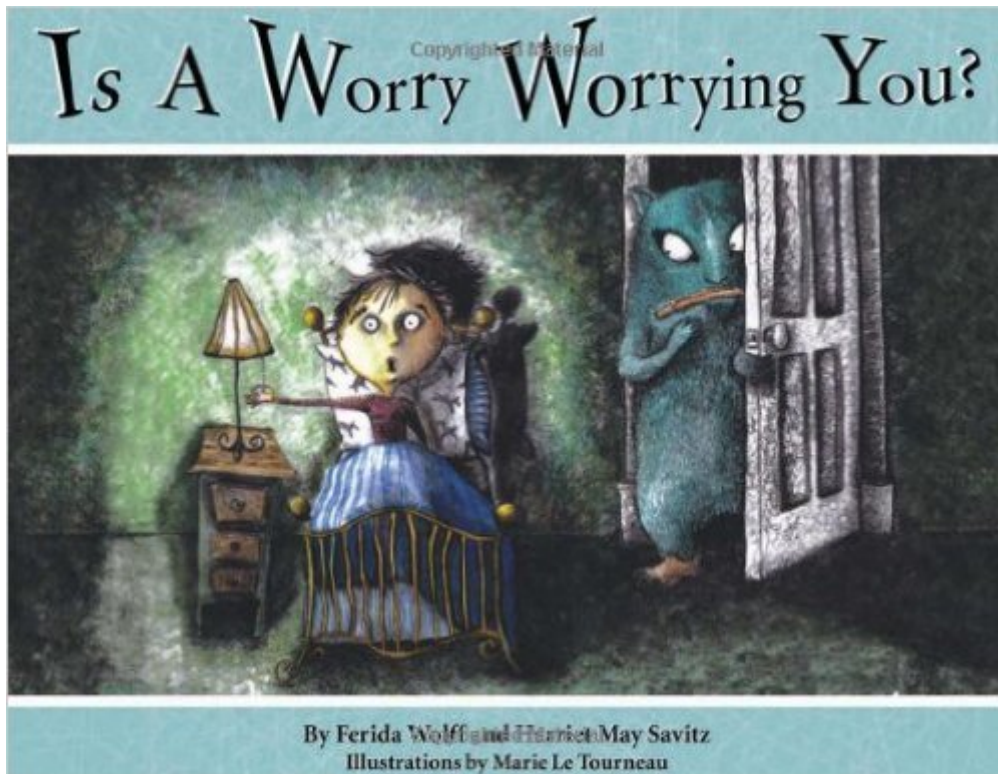


The book was found

Is A Worry Worrying You?



Synopsis

Adults think of childhood as a carefree time, but the truth is that children worry, and worry a lot, especially in our highly pressurized era. This book addresses children's worries with humor and imagination, as hilarious scenarios teach kids the use of perspective and the art of creative problem-solving.

Book Information

Lexile Measure: 690L (What's this?)

Paperback: 32 pages

Publisher: Tanglewood; 1 edition (April 15, 2005)

Language: English

ISBN-10: 1933718056

ISBN-13: 978-1933718057

Product Dimensions: 8.1 x 0.1 x 10.1 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (65 customer reviews)

Best Sellers Rank: #24,398 in Books (See Top 100 in Books) #11 in [Books > Children's Books > Geography & Cultures > Cultural Studies > General](#) #55 in [Books > Children's Books > Literature & Fiction > Short Story Collections](#) #340 in [Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings](#)

Age Range: 4 - 8 years

Grade Level: Preschool - 3

Customer Reviews

I had heard about this book for years but had never read it. Since my own three-year-old, Magda, is prone to a few worries of her own (mostly nightmare related) I thought she might want to check this one out. It's about children who have "worries" in the form of a personified blue monster who pesters them. The things they worry about are deliberately silly, like having elephants over for tea and having nothing to serve them, or having a monkey steal your skateboard. And ultimately the advice is that you can make your worry go away by creative problem solving (serving lemonade instead of tea, borrowing the monkey's roller blades) or by ignoring it and refusing to let it in. The book is cute but it left me with two new worries. First of all, I was worried that the book would give Magda all kinds of new worries to worry about. Would elephants REALLY come over? If she's worried about something, does that REALLY mean a blue monster is lurking in the house

somewhere? She already has enough dreams that a bear is trying to eat all of her stuffed animals, the last thing I wanted is for her to have new material for her nightmares. And secondly, is this the best advice for worry-filled children? The problem-solving part is helpful, but I'm not sure how practical the "ignore it and it'll go away" part is. Fretful children (and fretful adults) often KNOW that they're being irrationally fearful and being told to "just stop worrying" can make them feel ashamed for not being able to do so. I should explain that when I read this, I had just finished reading *The Opposite of Worry: The Playful Parenting Approach to Childhood Anxiety and Fears*, by Lawrence J. Cohen. If your child really does have serious worry or anxiety issues, I highly, highly recommend it.

The authors ask, "Suppose, just suppose, one hundred elephants come to tea and you discover you don't have any tea bags. Uh, oh. What will you do with a herd of thirsty elephants? Now that's a worry!" That sure is a worry. What on earth do you do for thirsty elephants when there is no large pond in sight? This and other questions are pondered in this delightful book that is designed to help children cope with worrying. Many of the scenarios are deliberately silly. What if your teacher is a brown bear and you forget your homework; a bald eagle turns your hair into a nest; a gorilla takes your skateboard. Silly and funny, yet offers advice along the way. Kids will love these scenarios and are sure to come up with their own, along with a solution. Along the way they learn creative ways of dealing with problems. Then there are the snippets of advice that adults can take to heart along with their children. For instance, "most of the time, something you worry about never happens." Run a web search and there will be figures stating from 40 to 90 percent of the things we worry about never happen. That may be a hard thing to remember or believe while we are worrying, yet if this is true, we are worrying way too much. The authors also state that "a worry is as big or as small as you let it be," and "will stay as long as you let it." Pretty sound advice for kids of every age. For a relatively short picture book (32 pages), it packs quite a lot of information, advice and fun. The illustrations are just a tad darker in tone than most other picture books, but then worrying is a rather dark endeavor. The pictures tell the story well. It took two talented authors to write this book.

[Download to continue reading...](#)

Is a Worry Worrying You? How to Stop Worrying and Start Living: Time-Tested Methods for Conquering Worry "Do Not Worry, Do Not Be Anxious, Do Not Be Afraid": A Self-Help Manual for People Who Worry a Lot and Suffer Anxiety and Fear The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying The 9 Steps to Financial Freedom: Practical and Spiritual Steps So You Can Stop Worrying The Worry Trick: How Your Brain Tricks You into Expecting the Worst and What You Can Do About It Hit by a Farm: How I Learned to Stop Worrying

and Love the Barn Declutter Your Mind: How to Stop Worrying, Relieve Anxiety, and Eliminate Negative Thinking (Mindfulness Books Series Book 1) The Art of Asking: How I Learned to Stop Worrying and Let People Help SELF ESTEEM: How To Live In The Present Moment, 2.0 - Let Go Of The Past & Stop Worrying About The Future (Self Help, Mindfulness & Emotional Intelligence) Como Suprimir las Preocupaciones y Disfrutar de la Vida [Stop Worrying and Start Living] How to Stop Worrying and Start Living Don't Worry, Eat Cake: A Coloring Book to Help You Feel a Little Bit Better about Everything What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety (What to Do Guides for Kids) A Perfect Mess: Why You Don't Have to Worry About Being Good Enough for God The Pregnancy and Postpartum Anxiety Workbook: Practical Skills to Help You Overcome Anxiety, Worry, Panic Attacks, Obsessions, and Compulsions The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry The Anxiety Workbook for Teens: Activities to Help You Deal with Anxiety and Worry (Instant Help Solutions) Pray, Hope, and Don't Worry: True Stories of Padre Pio Book II If I Don't Pass the Bar I'll Die: 73 Ways to Keep Stress and Worry from Affecting Your Performance on the Bar Exam

[Dmca](#)