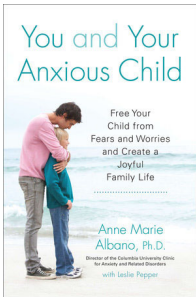
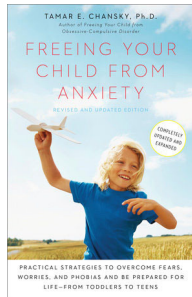


# ANXIETY TITLES FOR KIDS

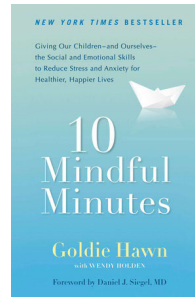
## TRENDING TOPICS SPRING 2020



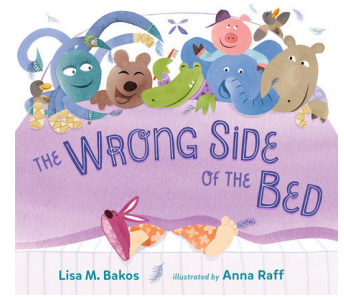
**You and Your Anxious Child**  
Anne Marie Albano  
978-1-58333-495-9 TR \$18  
Family & Relationships  
Avery  
World  
April 2, 2013



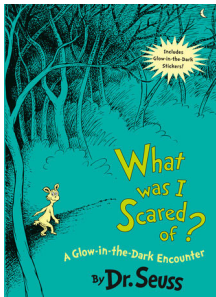
**Freeing Your Child from Anxiety, Revised and Updated Edition**  
Tamar E. Chansky, Ph.D.  
978-0-8041-3980-9 TR \$17.99  
Psychology  
Harmony  
July 29, 2014



**10 Mindful Minutes: Giving Our Children--and Ourselves--the Social and Emotional Skills to Reduce Stress and Anxiety for Healthier, Happier Lives**  
Goldie Hawn  
978-0-399-53772-1 TR \$16  
Family & Relationships  
TarcherPerigee



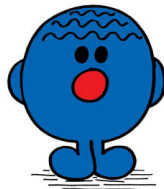
**The Wrong Side of the Bed**  
Lisa Bakos; Illustrated by Anna Raff  
978-0-399-16572-6 HC \$16.99  
Juvenile Fiction  
3-5 years  
G.P. Putnam's Sons Books for Young Readers  
World  
March 8, 2016



**What Was I Scared Of?**  
Dr. Seuss  
978-0-375-85342-5 HC \$12.99  
Juvenile Fiction  
5-9 years  
Random House Books for Young Readers  
August 11, 2009

### MR. WORRY

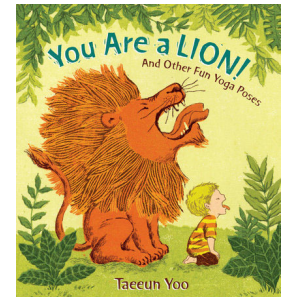
By Roger Hargreaves



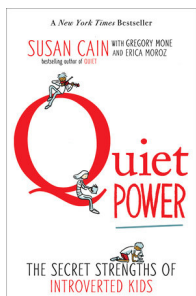
**Mr. Worry**  
Roger Hargreaves  
978-0-8431-9961-1 TR \$4.99  
Juvenile Fiction  
Price Stern Sloan  
World except UK/Ireland  
June 9, 2011



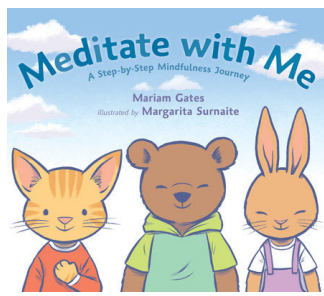
**No Biggy!**  
Elycia Rubin; illustrated by Josh Talbot  
978-1-63565-048-8 HC \$17.99  
Juvenile Fiction  
4-8 years  
Rodale Kids  
World  
February 6, 2018



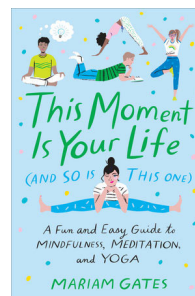
**You Are a Lion!**  
Taeun Yoo  
978-0-399-25602-8 HC \$17.99  
Juvenile Fiction  
Nancy Paulsen Books  
No Europe  
March 15, 2012



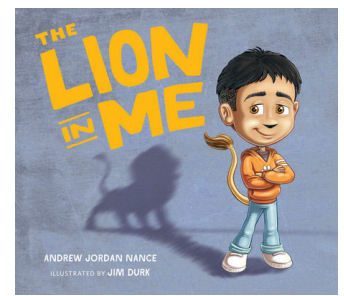
**Quiet Power**  
Susan Cain with Gregory Mone and Erica Moroz; Illustrated by Grant Snider  
978-0-14-750992-5 DG \$9.99  
Juvenile Nonfiction  
10 and up  
Puffin Books  
No Singapore  
May 2, 2017



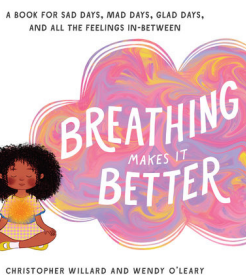
**Meditate with Me**  
Mariam Gates; Illustrated by Margarita Surnaite  
978-0-399-18661-5 HC \$17.99  
Juvenile Nonfiction  
4-8 years  
Dial Books  
World  
August 29, 2017



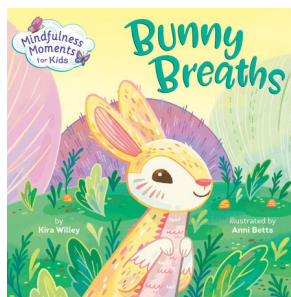
**This Moment Is Your Life (and So Is This One): A Fun and Easy Guide to Mindfulness, Meditation, and Yoga**  
Mariam Gates; Illustrated by Libby VanderPloeg  
978-0-399-18662-2 HC \$18.99  
Juvenile Nonfiction  
10-14 years  
Dial Books



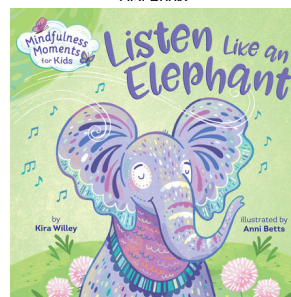
**The Lion in Me**  
Andrew Jordan Fance  
978-1-946764-41-6 HC \$16.95  
Juvenile Nonfiction  
4-8 years  
Plum Blossom  
World  
September 17, 2019



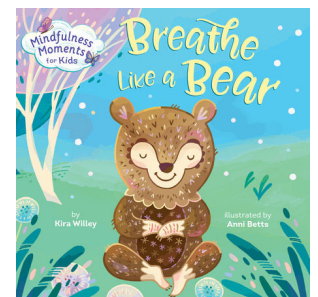
**Breathing Makes It Better**  
Christopher Willard and Wendy O'Leary  
978-1-61180-469-0 HC \$16.95  
Juvenile Nonfiction  
Bala Kids  
World  
October 1, 2019



**Mindfulness Moments for Kids: Bunny Breaths**  
Kira Willey; illustrated by Anni Betts  
978-0-593-11985-3 BR \$7.99  
Juvenile Nonfiction  
0-3 years  
Rodale Kids  
World



**Mindfulness Moments for Kids: Listen Like an Elephant**  
Kira Willey; illustrated by Anni Betts  
978-1-9848-9410-6 BR \$7.99  
Juvenile Nonfiction  
0-3 years  
Rodale Kids  
World



**Mindfulness Moments for Kids: Breathe Like a Bear**  
Kira Willey; illustrated by Anni Betts  
978-1-9848-9411-3 BR \$7.99  
Juvenile Nonfiction  
0-3 years  
Rodale Kids  
World