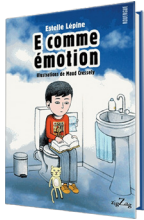


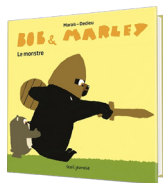
10 French books to help kids better understand anxiety



E COMME ÉMOTION

AUTHOR: Estelle Lépine
PUBLISHING HOUSE: Éditions du Rouergue

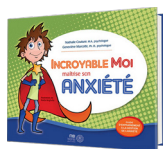
Having too many feelings can be scary. Hippo wonders if he's sick and embarks on a mission to find out. Will he discover where his feelings are coming from?



BOB ET MARLEY : LE MONSTRE

AUTHOR: Thierry Dedieu
PUBLISHING HOUSE: Seuil

Bob has been attacked by a monster! Is Marley strong enough to defend his friend? Will they be able to escape the monster's clutches?



INCROYABLE MOI MAÎTRISE SON ANXIÉTÉ

AUTHORS: Nathalie Couture and Geneviève Marcotte
PUBLISHING HOUSE: Midi Trente

This isn't a piece of fiction. Rather, it's a guidebook that aims to help children overcome their anxiety through at-home exercises and activities. Interspersed with funny illustrations, the book also explores different ways to boost self-esteem.



FÉLIX, LE COLLECTIONNEUR DE PEURS (ORIGINAL TITLE: FELIX, EL COLECCIONISTA DE MIEDOS)

AUTHOR: Fina Casallerrey
PUBLISHING HOUSE: OQO

Félix is afraid of everything—so much so that his grandmother advises him to collect his fears and lock them in a chest. Félix thinks this is a fantastic idea. He tells all his classmates, who quickly lock up their fears, too. But one day, the kids open the chest and all their fears escape...



AU LOUP!

AUTHOR: Marie-Danielle Croteau
PUBLISHING HOUSE: La courte échelle

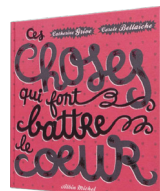
Little Vincent is spending his first night away from home. At first, the timid boy is terrified at the thought of sleeping over at his friend Jérémie's house. But slowly, with the help of Jérémie's mother, Vincent faces his fear.



LA CHAMBRE DU LION

AUTHOR: Adrien Parlange
PUBLISHING HOUSE: Albin Michel

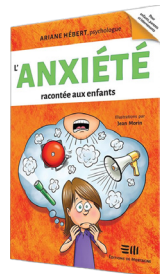
When the Lion leaves his room, a brave little boy decides to venture inside. But once there, he hears a sound. Terrified that it's the Lion returning, he looks for a hiding place and discovers a little girl under the bed... What is going on in the Lion's room?



CES CHOSES QUI FONT BATTRE LE CŒUR

AUTHOR: Catherine Grive
PUBLISHING HOUSE: Albin Michel

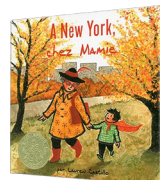
This book is a veritable encyclopedia of small anxieties. Inside are 50 or so experiences that children may find anxiety-provoking, or downright terrifying. A safe way for young readers to face their fears.



L'ANXIÉTÉ RACONTÉE AUX ENFANTS

AUTHOR: Ariane Hébert et Jean Morin
PUBLISHING HOUSE: De Mortagne

Like many other children, Béatrice has all kinds of fears and will often panic for no reason. One day, she finds out why she experiences these uncomfortable emotions: she suffers from anxiety. With the help of a psychologist and her four-legged friends, Béatrice discovers different facets of the disorder and learns tricks to keep her anxiety at bay.



À NEW YORK, CHEZ MAMIE (ORIGINAL TITLE: NANA IN THE CITY)

AUTHOR: Laurent Castillo
PUBLISHING HOUSE: Le Genévrier

John's grandmother lives in New York City, a big, noisy, and crowded metropolis. For the young boy, everything about the city is scary. Slowly but surely, with the help of his grandmother, he learns to face his fears and appreciate the sights and sounds of New York.



ENFIN TRANQUILLE!

AUTHOR: Mireille d'Allancé
PUBLISHING HOUSE: L'école des loisirs

Having too many feelings can be scary. Hippo wonders if he's sick and embarks on a mission to find out. Will he discover where his feelings are coming from?