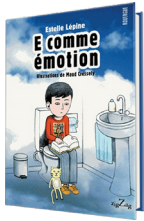


# 10 books to help kids better understand anxiety

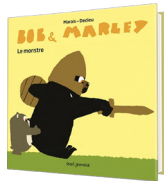


## E COMME ÉMOTION (FRENCH ONLY)

**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?

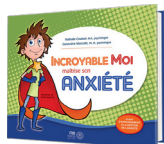


## BOB ET MARLY : LE MONSTRE (FRENCH ONLY)

**AUTHOR:** Thierry Dedieu

**PUBLISHING HOUSE:** Éditions du Seuil

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



## INCROYABLE MOI MAÎTRISE SON ANXIÉTÉ : GUIDE D'ENTRAÎNEMENT À LA GESTION DE L'ANXIÉTÉ (FRENCH ONLY)

**AUTHORS:** Nathalie Couture and Geneviève Marcotte

**PUBLISHING HOUSE:** Éditions 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.



## FELIX, THE FEAR COLLECTOR (ORIGINAL TITLE: FELIX, EL COLECCIONISTA DE MIEDOS)

**AUTHOR:** Fina Casallerrey

**PUBLISHING HOUSE:** OQO Editora

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! (FRENCH ONLY)

**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 (FRENCH ONLY)

**AUTHOR:** Adrien Parlangue

**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 (FRENCH ONLY)

**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.

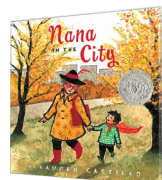


## L'ANXIÉTÉ RACONTÉE AUX ENFANTS (FRENCH ONLY)

**AUTHORS:** Ariane Hébert and 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.



## NANA IN THE CITY

**AUTHOR:** Laurent Castillo

**PUBLISHING HOUSE:** Clarion Books

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! (FRENCH ONLY)

**AUTHOR:** Mireille d'Allancé

**PUBLISHING HOUSE:** L'école des loisirs

Bosco the bear is Mic's best friend, but he has one big flaw: he leaves cereal crumbs in the bed! Exasperated, Mic decides that Bosco has to go. But soon, he realizes how much he values the bear. After all, facing your fears is a lot easier with a friend at your side.