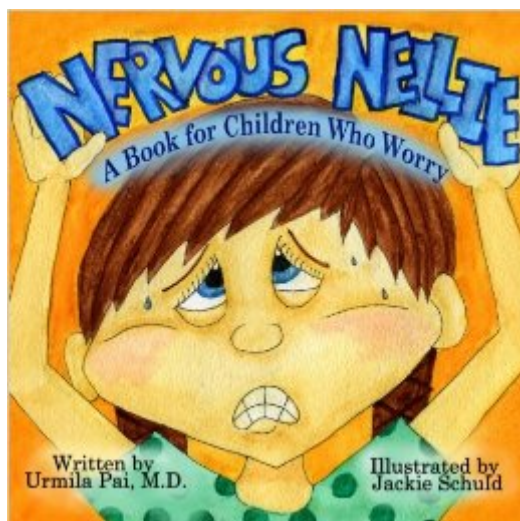


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# Nervous Nellie: A Book For Children Who Worry



## Synopsis

What if? What if? What if? Nellie worries about everything- getting on a train, a plane, making friends in school, and more. With the help of Dr. Nofear, Nellie embarks on a journey to overcome her anxiety.

## Book Information

Paperback: 32 pages

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Product Dimensions: 8.5 x 0.1 x 8.5 inches

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

Average Customer Review: 4.9 out of 5 starsÂ Â See all reviewsÂ (7 customer reviews)

Best Sellers Rank: #919,180 in Books (See Top 100 in Books) #11 inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Visit the Doctor #3765 inÂ Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Emotions & Feelings

## Customer Reviews

I cannot recommend this book enough. I am a speech pathologist and think it is great to read a book that talks about decreasing anxiety in a positive way. It is an easy read for a parent to read with their child.

As an Educational Therapist, I work with children with Learning Disabilities, many of whom experience anxiety as a integral part of their lives. Nervous Nellie has important, yet easily understood, information for all children who live with anxiety. I believe Nervous Nellie must be read and discussed often, and over time, with young children who are either about to enter treatment or who are already in treatment. It is written in a straightforward, easily understandable, yet thorough, style. This book is a wonderful resource for parents because it gives them words to help explain to their children what they are experiencing in their lives, or what they might experience once they begin treatment. I believe it will help children who experience anxiety see themselves in a more hopeful light.

This is a fantastic book..easy to read for kids.. They can relate to Nellie very nicely.. A very genuine

character indeed!!! I am a guidance counselor and my students have read and enjoyed it.. Highly recommended.

I love the way that anxiety is described as it is easy to understand as other reviewers have commented. The only thing I am not fond of in the book is that Nellie is treated with pharmacological medication and as a therapist, I wish the book would have focused more on behavioral techniques to control anxiety.

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