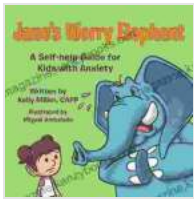


Jane Worry Elephant: A Story About Learning to Manage Anxiety for Children

Jane Worry Elephant is a children's book that helps kids learn to manage anxiety. It's a fun and engaging story that teaches kids how to identify their worries, challenge their negative thoughts, and develop coping mechanisms.



Jane's Worry Elephant: A Self-Help Guide for Kids with Anxiety by Kelly Miller CAPP

★★★★★ 5 out of 5

Language : English

File size : 4506 KB

Print length: 40 pages



Jane Worry Elephant is a lovable character who kids can easily relate to. She's always worrying about everything, big and small. But with the help of her friends, she learns how to manage her anxiety and live a happy and fulfilling life.

This book is perfect for kids who are struggling with anxiety. It provides them with a safe and supportive environment to learn about anxiety and how to manage it. The book also includes helpful tips for parents and caregivers on how to support kids with anxiety.

If you're looking for a book that can help your child learn to manage anxiety, Jane Worry Elephant is the perfect choice. It's a fun, engaging, and

educational book that can help kids of all ages learn how to cope with anxiety and live a happy and fulfilling life.

What Others Are Saying About Jane Worry Elephant

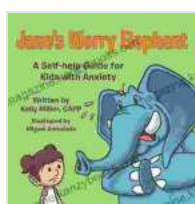
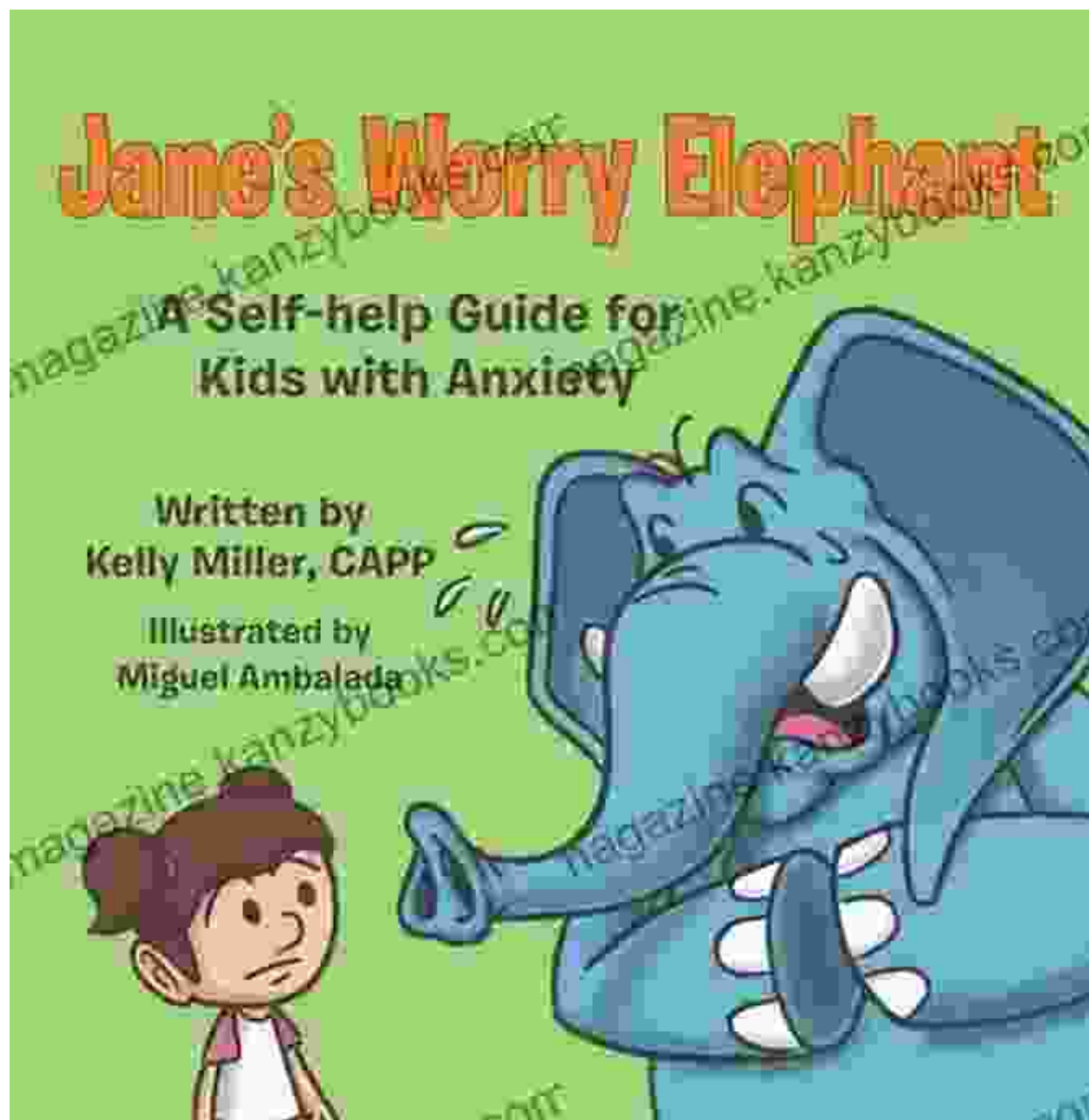
"Jane Worry Elephant is a wonderful book that helps kids learn to manage anxiety. It's a fun and engaging story that teaches kids how to identify their worries, challenge their negative thoughts, and develop coping mechanisms." - Dr. Lori Gottlieb, author of *Maybe You Should Talk to Someone*

"Jane Worry Elephant is a must-read for any child who is struggling with anxiety. It's a heartwarming and empowering story that will help kids learn how to cope with their fears and live a happy and fulfilling life." - Dr. David A. Rosmarin, author of *The CBT Workbook for Perfectionism*

"Jane Worry Elephant is a valuable resource for parents and caregivers of children with anxiety. It provides practical tips and strategies for helping kids manage their anxiety and live happy and healthy lives." - The National Association of School Psychologists

Free Download Your Copy of Jane Worry Elephant Today

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