



When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety

By Kari Dunn Buron

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When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety By Kari Dunn Buron

The thought of losing control can cause major problems for children who live with anxiety. Now, parents, teachers and children have a helpful tool that gives young children an opportunity to explore their own feelings with parents or teachers as they react to events in their daily lives. Engaging and easy to read, this illustrated children's book is filled with opportunities for children to participate in developing their own self-calming strategies. Children who use the simple strategies in this charming book, illustrated by the author, will find themselves relaxed and ready to focus on work or play!

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When My Worries Get Too Big! A Relaxation Book for Children Who Live with Anxiety By Kari Dunn Buron Bibliography

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Editorial Review

Review

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About the Author

This book was written and illustrated by Kari Dunn Buron. Kari lives in St. Paul, Minnesota, and is an autism resource specialist at Independent School District 916.

Users Review

From reader reviews:

Karla Walker:

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