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## Playing with Anxiety: Casey s Guide for Teens and Kids

By Reid Wilson, Lynn Lyons

Pathway Systems, United Kingdom, 2014. Paperback. Book Condition: New. 234 x 150 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Casey, the fourteen year old narrator, knows just what it s like to be miserable. It started slowly: backing away from birthday parties, avoiding the Fourth of July fireworks, leaving before the end of movies. By second grade, stomach aches and tantrums before school seemed as common as strawberry jelly on toast. Then, just before her fourth grade chorus concert-as her mom was braiding her hair-Casey puked. No concert. No post-concert ice cream with her friends. Only a night filled with tears. Everything changed that next morning. Casey and her mom had had enough! The days of being timid were over. They got mad and decided then and there to solve the puzzle called worry. Casey expresses a serious commitment to the task, but couples it with feisty, irreverent humor, as she releases a gaggle of characters and their stories. The narrative offers cautious kids (and their sometimes worried, often frustrated parents) a realistic guide for stepping into the new and scary experiments that arrive at each developmental stage, right up through the teen years. Will her...



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