

Sometimes I Worry
Written by Alan Gross
1978

Ok, this book is old school. It came out back when I was reading all of Judy Blume's books for 10 year olds. When I was recently at a conference chatting with two people, they had **I Don't Want to Go to School Book**. I looked it over and saw that the same author had another book about worrying. Knowing that more and more children are appearing for therapy with anxiety, I knew I had to grab a hold of it.

This little book is a great gem. The children I have shared it with have laughed out loud as we read about the little person's worries and all the thoughts that come from a small worry. Eventually, the little one goes to his dad and confesses some of his worries and low and behold, dad starts telling him about his worries and they end of laughing at how one can really just let things unravel with trivial thoughts.

This is a great book for children who have anxiety, low self esteem, trouble sleeping at night, etc. I know you and your client's families will appreciate it.

Review by Amy Robbins