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Tanglewood • Terre Haute, IN



To my grandchildren, Ben, Jake, Jenny, & Ryan
-HMS

♥ For Kathleen Lindsey & Judy Harch ♥
-FW

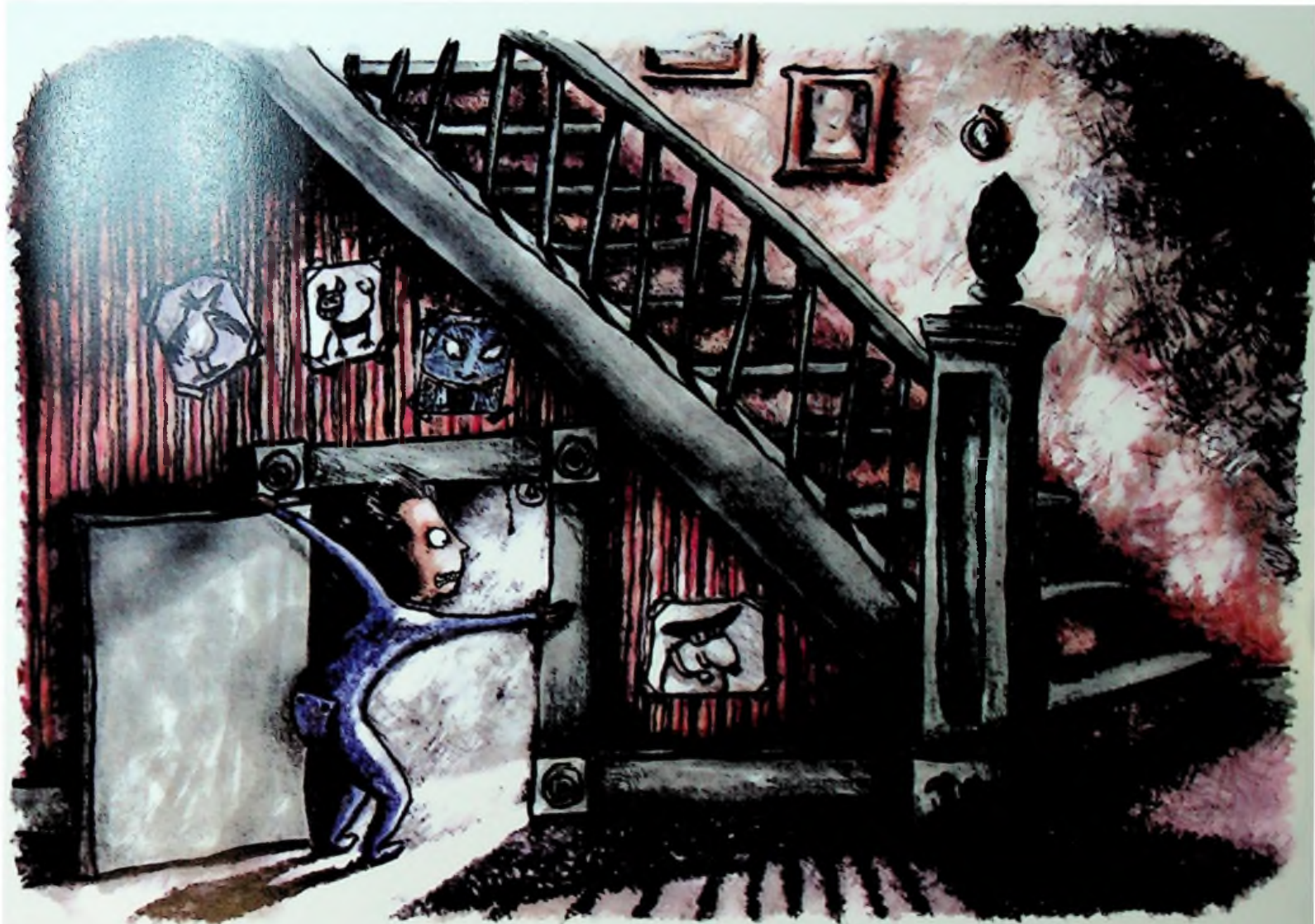
For Alex, Hannah, Marc, Mom, Dad, Shell, & Robert
-ML



Do you ever have a worry that won't go away? What is a worry, anyway?



A worry is a thought that stops you from having fun, from feeling good, from being happy.



Don't bother looking for a worry because you'll never find it. It is invisible.
But it seems very real.



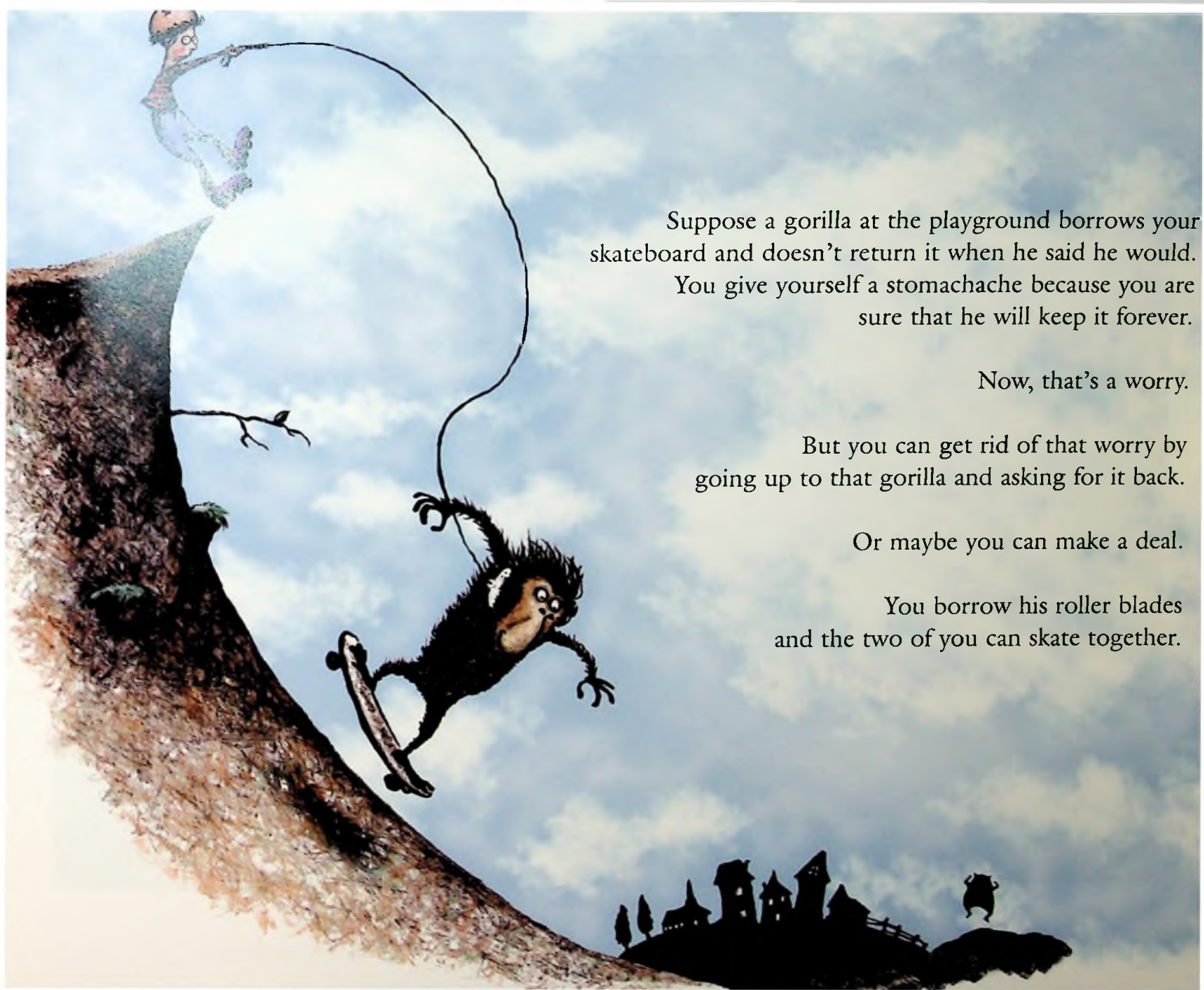
Suppose, just suppose, one hundred elephants come to tea and you discover you don't have any tea bags. Uh, oh. What will you do with a herd of thirsty elephants? Now, that's a worry!



But you can get rid of that worry by offering the elephants lemonade instead.



You can feel tired from a worry. Or sad. Or sick.
A worry can feel like a heavy sack is on your back. Only it isn't there.



Suppose a gorilla at the playground borrows your skateboard and doesn't return it when he said he would. You give yourself a stomachache because you are sure that he will keep it forever.

Now, that's a worry.

But you can get rid of that worry by going up to that gorilla and asking for it back.

Or maybe you can make a deal.

You borrow his roller blades and the two of you can skate together.



A worry can scare you out of your shoes.



Suppose a monster moves in under your bed, and you're afraid if you go to sleep it will do something horrible, so you stay awake all night.

Now, that's a worry!

But you can get rid of that worry by singing the monster lullabies until you both fall asleep.



A worry can make a perfect day seem gloomy. Suppose you are all ready for the first day of school, but you find out that your new teacher is a bear. What will happen if you forget your homework? Now, that's a worry.