

# WORRY SAYS WHAT?



WRITTEN BY **ALLISON EDWARDS**

ILLUSTRATED BY **AYESHA L. RUBIO**

Worry's songs tie my tummy up in knots,  
and the things he says make my heart beat very fast.



Sometimes he speaks in a whisper,  
and other times his voice gets so loud  
I can't hear anything else.



Tired from all the worrying, I confront him. "Will I always be afraid?"  
"You will if you keep listening to me," Worry says.



The truth is, listening to Worry is ruining my life.  
He never makes me feel better. He always makes me worse.



I look right into his eyes and yell, "I can't yet, but I will!"  
And I keep doing them over and over until I master the back handspring.

Then I head to the balance beam...  
***because I can do anything I put my mind to!***

# Worry Says What?

Allison Edwards, author of the best-selling book *Why Smart Kids Worry*, offers a glimpse into the ways worry whispers to young minds, and offers a powerful tool all children can use to silence those fears.

*"Worry's songs tie my tummy up in knots,  
and the things he says make my heart beat very fast.  
Sometimes he speaks in a whisper, and other times  
his voice gets so loud I can't hear anything else."*

Worry and anxiety are currently the top mental health issues among children and teens. Children have a number of worries throughout childhood that will come and go. The problem is not with the worries themselves, but that children believe the worries to be true. With a relatable story and beautiful artwork, *Worry Says What?* will help children (and adults!) flip their thinking when anxious thoughts begin and turn them into powerful reminders of all they are capable of accomplishing.



**Allison Edwards** is a Licensed Professional Counselor and Registered Play Therapist who specializes in working with children, adolescents, and their families. She received her undergraduate degree in Education from Northwest Missouri State and a graduate degree in Counseling from Vanderbilt University.

Before opening a private practice, Allison developed and maintained a play therapy program for at-risk and immigrant children in the public school system. In her current practice, she sees children of all ages, consults with parents, supervises counselors, and writes about childhood anxiety. She also serves as an Affiliate Professor at Vanderbilt University where she enjoys teaching future counselors how to work with kids.

**Ayesha L. Rubio** currently resides in London and has illustrated for national and international publishers. She has also written and illustrated four of her own titles, and has begun exploring the world of animation.



P.O. Box 22185  
Chattanooga, TN 37422-2185  
423.899.5714 • 866.318.6294  
fax: 423.899.4547  
[www.ncyi.org](http://www.ncyi.org)

