

# Dear Mom & Dad, I Have Anxiety

*Life-Changing Book Gives Voice to Millions of Children Struggling with Anxiety.*

LOS ANGELES, CA, USA, July 18, 2016 /EINPresswire.com/ -- Masterfully crafted by Corine Toren, 'Dear Mom & Dad, I Have Anxiety' teaches parents and guardians how to love, support and encourage a child living with the fierce, often-ignored effects of anxiety. Written entirely from a child's perspective, Toren's compelling resource is written for both young children and parents; one of the few books on the market to directly address the growing epidemic of childhood anxiety.

For Immediate Release

Los Angeles, California – While adult anxiety is now an officially-recognized disorder with proven treatment plans and research, anxiety among children is often put down to being “quiet”, “shy” or the result of “growing pains”. Young Californian author, Corine Toren, wants people to realize that childhood anxiety is in no way different from its adulthood counterpart, and requires equally as much attention and support.

In her powerful new book, 'Dear Mom & Dad, I Have Anxiety: A Book For Parents From A Child's Perspective', Toren takes parents inside the mind of a child struggling with anxiety, imparting vital coping strategies and support techniques that can help brighten the lives of millions of kids.

Synopsis:

Ever wonder what's really going on inside your child's mind? Dear Mom & Dad, I Have Anxiety gives parents a glimpse of what it's like to be a child struggling with anxiety. The book includes the author's personal narrative as a child who grew up with anxiety, while also offering advice for parents about what to do during their children's toughest and most anxiety-driven moments. What makes Dear Mom & Dad, I Have Anxiety truly unique is that it is a parenting book completely written in the point of view of a child.

“This isn't a book written by some behavioral expert in a white coat,” explains Toren. “But instead by a young woman who knows what it is like to suffer from anxiety as a child. I take readers inside the mind of a young girl so parents can experience the wrath of anxiety from her perspective. It's a vivid and somewhat chilling experience, but vital perspective if adults are going to help and bring about tangible change.”

Continuing, “Parents will turn the last page better equipped to help their children through anxiety and even to resolve it altogether. Believe me, anxiety can affect children in an extremely profound way, sometimes to the point that the rest of their life can be blighted. But by knowing what it feels like to suffer, I'm confident parents can help children in ways they didn't think possible.”

But it's not just a resource for adults.

“Children are also able to pick up the book, come to the realization that they're not alone and



understand that the adults around them want to help them. Anxiety often pushes children into a “bubble” where everything is exacerbated by the fierce loneliness they feel. My book will remind them that light exists even during the darkest of their days.”

With the book’s demand expected to increase, interested readers are urged to secure their copies without delay.

‘Dear Mom & Dad, I Have Anxiety: A Book For Parents From A Child's Perspective’ is available now: <http://amzn.to/29LvjYW>.

About the Author:

Corine Toren is a new author! She is extremely passionate about writing, and has been pursuing a writing career since she was very young. Corine hopes to write more books, screenplays for film and television, and maybe even a musical one day!

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