



Dagmar Geisler

Why Do I Actually Feel Anxious?

durchgehend farbig illustriert von Dagmar Geisler

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Story

How to Handle Emotions: Feeling Anxious and Being Worried

What is fear? What does it feel like? Can feelings of fear be passed on to others? And can they disappear again? The most important questions about this topic are answered clearly and with the help of many realistic examples. At all times it is made clear: It is absolutely okay to be afraid! A wonderful guidebook with helpful tips for starting conversations for big and little readers.

- An **important issue** for children, parents and educators
- More than 1 million copies of educational picture books sold
- Well-established and highly appraised, published in 22 languages

- Provides answers to tough questions

By the time children reach kindergarten age the issue of social interaction becomes increasingly important for them. Closely connected with this is the awareness of dealing with their own feelings as well as perceiving themselves and responding to feelings of others. **Dagmar Geisler's** internationally bestselling Emotional Education series provides parents, educators and teachers with materials and guidance for different age groups in order to communicate these often difficult issues.

Dagmar Geisler

Dagmar Geisler, was born in 1958 in Siegen, studied drawing in Wiesbaden and now lives in Franconian Switzerland. She has been writing and illustrating for children and the young for over 25 years. Her educational picture books address recent and sensitive issues, providing useful preventive measures with excitement and humour from an educational perspective. With her books, she accompanies children in their social-emotional development and encourages talking together about feelings, difficult situations and body awareness.

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