

From Independent Publisher Kathleen Jeffrey

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High resolution pictures available.

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Introducing...

Katie's Really Bad Day, A Story About Test Anxiety

Written by Kathleen Jeffrey & Illustrated by Susan Kilmartin

It's spelling test day and Katie feels anxious. Cheerful fun-loving Katie sometimes gets anxious before tests, even when she knows the answers. One day Katie's feelings are so enormous, she panics and can't seem to do the test at all. She even disrupts the entire class. Luckily, with the guidance of her teacher, Katie discovers calming tools to soothe her nerves. Pretty soon the whole class is joining Katie to beat that test stress! A beautifully illustrated story with teaching points and practical advice for anxious kids.

"An important and well-illustrated consideration of a common problem among kids." - ***Kirkus Reviews***

Educational Consultant: "Childhood Anxiety is on the increase. Kathleen Jeffrey captures the feelings and experiences of Katie, a second grader, who is on the verge of developing school avoidance. With wisdom and sensitivity Katie's parents, teacher, and classmates team up to teach Katie an even more important lesson than taking a spelling test. Katie learns how to calm her fears and anxiety." Marsha Stevens, B.A., M.Ed.

Best Selling Children's Author: "Katie's Really Bad Day, A Story About Test Anxiety, is a readable, relatable story for any child experiencing anxiety. Including several practical self-help tips, this gentle tale belongs on every parent's and every educator's bookshelf." Glenys Nellist, author of Little Mole Goes to School and Little Mole Finds Hope.

Kathleen Jeffrey grew up in RI and holds a BA in Elementary Education/Psychology. After a media sales career in US & international publishing, Kathleen enjoyed learning the independent bookstore business at the Glastonbury Abbey Bookstore in Hingham, MA. She is now writing children's picture books to fulfill her vision to bring, "Love, Light, Spirit, Truth, Joy," to little one's hearts. Kathleen lives in Massachusetts. www.kathleenjeffreyauthor.com.

Illustrator Susan Kilmartin grew up traveling the world and received her BFA from the University of Maryland. She is a portrait painter, calligrapher, muralist, plein air painter, and illustrator. This is the third book she has illustrated. Susan lives on Cape Cod in Massachusetts. For more information: www.susankilmartin.com

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