

## Oh, I Thought I Was The Only One 2: Empowering The Child



In our hurried and competitive world these days, more and more kids are feeling anxious, worried, and stressed out. Oh I Thought I Was The Only One 2 is my attempt to lend a helping hand to those kids. Filled with example stories, tips and amusing illustrations to let them know that they are not the only ones going through these stressors in daily life. When you are scared and worried it often leads to feelings of loneliness. This book invites you to explore different ways in which you can learn how to manage you stress. Remember you do not have to try and handle fears and anxieties all by yourself. It is also my sincere hope that this book will serve as an instrument that you can use to initiate conversations with your parents or trusted adults in your life. Most of us are uncomfortable telling people about what scares us, or what we are worried about. Even if we wanted to share, sometimes it has been kept in us for so long we dont know where to begin. This book can be used to provide a start for you to tell someone I have something that I am worried about. Can I talk to you? There is also a special section of tips and suggestions for your parents or adult caregiver on how to help you.. Note to Parents Use this book as a tool to open the doors of communication with your child. Preteen and teen years can be the most turbulent for the both of you. Do not wait for a crisis. My hope is that through this book you can learn to navigate into your childs life and forge a stronger communication and bond This book is structured into sections, each dealing with a different issue in a childs life. The sections are called Petals, just like the petals on the cherry blossom, as a metaphor for the exquisitely beautiful and ephemeral nature of life.



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