



Safe Child, Happy Parent – Don't Get Stressed by Stress!

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How's that for Stress?

What is stress, anyway? Can it also be good? How can I tell that I am stressed? And what can we do to prevent stress from harming us? Elementary school pupils Kalle, Hanna and Jo are hot on the heels of the stress monster and reveal simple tricks on how to prevent harmful stress.

In an age-appropriate way, this new narrative non-fiction series for elementary school children deals with all the topics that particularly concern students in the lower grades. An exciting Picture book story to read on your own already or opening a dialogue about the changes that the start of school bring. Providing an entertaining introduction, and support, by subsequent factual information. With many tips and exercises for everyday life, these non-fiction Picture books provide a good conversation starter for parents, educators, and others, while also being practical guides.

- By award-winning author, illustrator and art therapist **Dagmar Geisler** (published in 22 languages)
- In a new, handy format - ideal for first-time readers
- Combination of an **exciting story** and **practical tips** about dealing with stress
- Appealing modern, **comic-like illustrations by Nikolai Renger**