



*Dagmar Geisler*

## Why Do I Actually Feel Anxious?

durchgehend farbig illustriert von Dagmar Geisler

1st edition 20/07/2022

36 Pages, 22.0 x 27.5 cm

ISBN 978-3-7432-1130-8

Hardcover

12.95 € (D)

incl. VAT, shipping extra

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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 and studied drawing in Wiesbaden. After graduating in 1984, she worked as graphic designer and illustrator for several publishing houses and broadcasting companies. In 1987 Dagmar Geisler illustrated her first book for children, the "Leselöwen-Quatschgeschichten" by Manfred Mai. From now on she focused on drawing comics and illustrations for children's books, which have been awarded several times. For some years now she also writes successful children's books. Her educational picture books deal with recent and sensitive issues. With her sensitive stories Dagmar Geisler succeeds very well to transport useful preventive measures not only from an educational perspective, but also with a certain amount of excitement and humor. Today, Dagmar Geisler lives with her family in the Franconian Switzerland.

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