



The Friends of the Auburn Public Library

Literary Night

The Pakachoag Center
203 Pakachoag Street
August 21, 2024 6-8PM

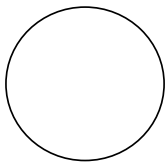
Alison McGrath

Write Mind Books LLC

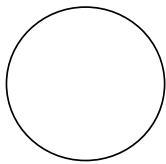
Children's Author

Alison McGrath lives in Massachusetts with her husband, three children, and two dogs. Alison is a passionate School Adjustment Counselor who works with students from kindergarten through the fifth grade discussing worry-thoughts, coping strategies, and mindfulness. Alison loves to teach about growth mindset, self compassion, and reframing worry-thoughts. She has found cognitive behavioral therapy (CBT) to be especially powerful with individuals who have anxiety. Her personal library of books is large, and she is a huge supporter of bibliotherapy. Alison's hope is that this book will support educators and parents to help guide children on the journey to be as worry-free as possible!

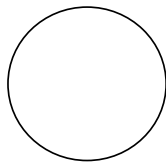
DEMOGRAPHICS & AUDIENCE



PARENTS
AND
CHILDREN
AGES 6-12



COUNSELORS



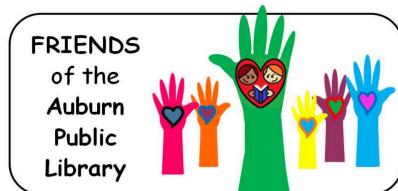
TEACHERS

SERVICES

- In Person Read Alouds
- Book signings
- Library and Book Store visits
- Virtual Read Alouds

CONTACT

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PRE-REGISTRATION IS REQUIRED

Email: friendsofauburnlibrary@gmail.com

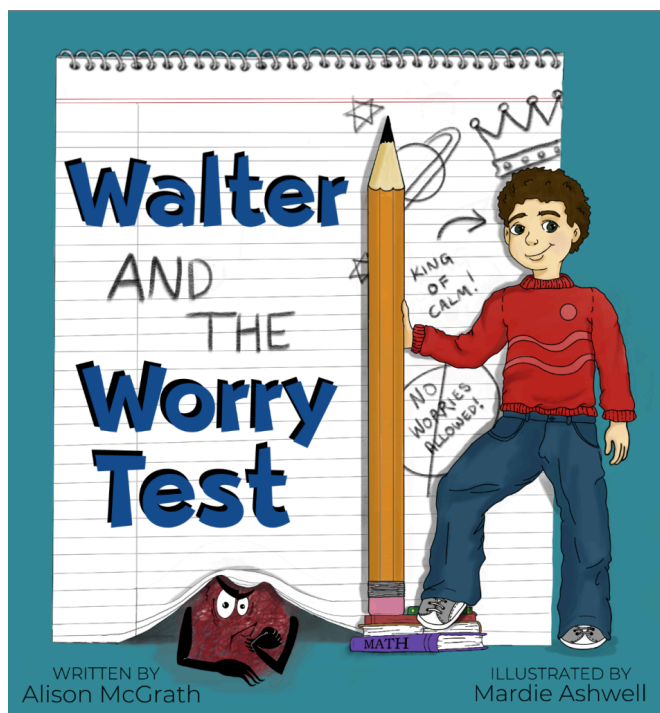
with the # of Adults and Children

Admission: Adults \$20, Children 6-12 FREE!

Payment at the door

Cash, check, credit card, PayPal accepted

A children's book about worry-thoughts and how one can reframe a negative mindset in order to reduce symptoms of anxiety.



Guest on

★ **Money Isn't Scary Podcast**

★ **Reading With Your Kids Podcast**



TESTIMONIALS

“In Alison's book, Walter learns what every school adjustment counselor and psychologist hopes to teach their anxious students: the ability to self-monitor their intrusive thoughts before they become dysregulated. Our students will relate to Walter as he learns his first CBT-based strategy and is empowered to tackle his worries with his new tools.”

-Anya Samuels, Massachusetts School Psychologist at The Center for Pediatric Neurodiversity

“Walter and the Worry Test is a must-read for all kids (and grownups too). Thank you, Alison, for encouraging kids to put their big feelings into words so they can understand them better. Walter's story has inspired my family to slow down in those tough moments and dig deeper into what the emotions are telling us. Thank you for sharing your wisdom with us!”

-Megan Dwyer, Parent and Host of Money Isn't Scary Podcast