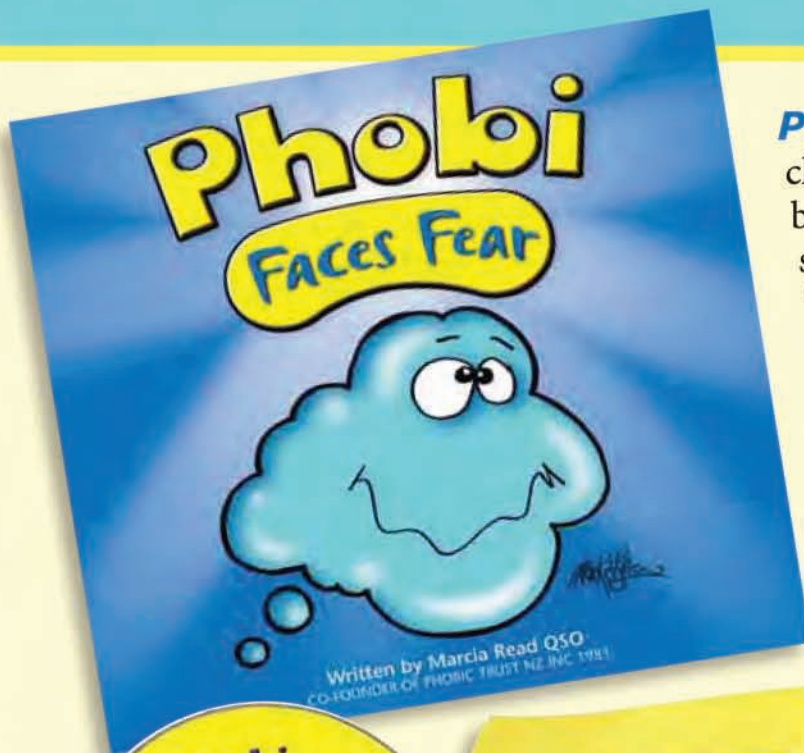
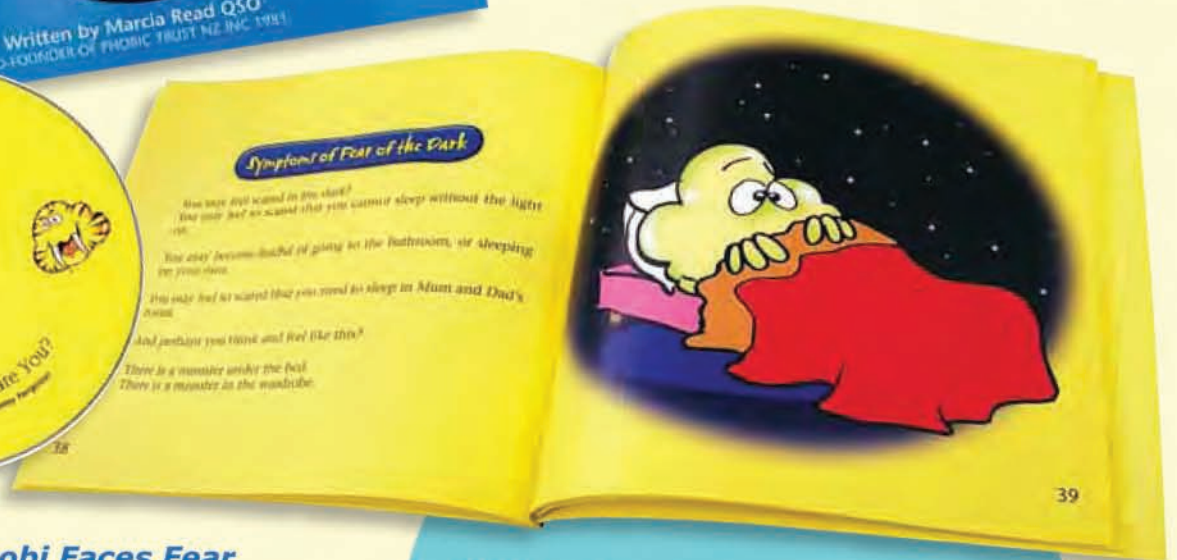


# New Children's Resource Book



**Phobi Faces Fear** is dedicated to the children and young people of the world, to be read by an adult and child together to stimulate discussion about scary thoughts. Target audience 4-10 year olds.

One in five children suffer from an anxiety disorder; some more debilitating than others; panic attacks can lead to school avoidance, which in time can develop into alcoholism, unemployment issues, social skills and more tragically suicide.



**Phobi Faces Fear**  
ISBN 0-476-00108-0  
Author: Marcia Read, QSO,  
Founder/CEO Phobic Trust of NZ  
RRP \$29.95 + Post/Handling;  
includes Musical CD by Tommy Ferguson

Phobi Faces Fear is beautifully illustrated, bright and visually appealing for a younger audience.

*"Phobi is a wonderful book, explaining fears and anxieties to children, parents and educators alike. Marcia Read manages to normalize these emotional experiences as part of history and people's lives, as well as generating the most creative examples. Phobi is a pleasure to read and will help many children suffering from anxiety. I strongly recommend this book as an educational tool to families and professionals."*  
Dr Paula Barrett, BA, MA Hons, PhD.

*This little book by Marcia Read makes the concept of anxiety accessible to children and outlines a process that sets the scene for successful management. The combination of simple child-oriented language and cartoons will make this appealing to children and provides a useful resource for parents/caregivers and clinicians. The predominant message is one that should engender hope with the notion that it is possible to "start talking and fixing". This is a worthwhile addition to the literature on anxiety.*  
Dr Sally Merry, MB, ChB, FRANZCP.

**ORDERS:** If you would like to purchase Phobi Faces Fear, call our office on (09) 846-9776 or email us at: [clinic@phobic.org.nz](mailto:clinic@phobic.org.nz)

Payment by cheque, cash, visa, mastercard accepted.

