



## Wilma Jean the Worry Machine

By Julia Cook

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### Wilma Jean the Worry Machine By Julia Cook

(Grades 2-5) Anxiety is a subjective sense of worry, apprehension, and/or fear. It is considered to be the number one health problem in America. Although quite common, anxiety disorders in children are often misdiagnosed and overlooked. Everyone feels fear, worry and apprehension from time to time, but when these feelings prevent a person from doing what he/she wants and/or needs to do, anxiety becomes a disability. This fun and humorous book addresses the problem of anxiety in a way that relates to children of all ages. It offers creative strategies for parents and teachers to use that can lessen the severity of anxiety. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone's control (i.e. the weather,) a worry hat is introduced. A fun read for Wilmas of all ages! Softcover, 32 pages.

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## **Wilma Jean the Worry Machine By Julia Cook Bibliography**

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### **Editorial Review**

#### **About the Author**

Julia Cook was born and raised in Salt Lake City Utah. While living in Utah, she became actively involved in teaching children how to ski. That experience led to a love of teaching in general. Julia now lives in Fremont, Nebraska and has a Masters degree in Elementary School Counseling. While serving as a guidance counselor, she often used childrens books to enhance her classroom lessons. Julia is now a nationally recognized award-winning childrens book author who has written more than a dozen books on behavior and health for children as well as several activity books for teachers. Her light, humorous approach keeps kids laughing while they're learning good behavior skills. The goal behind all of Julias books and efforts is to actively involve people into her fun and creative stories and teach them to become life-long problem solvers. Inspirations for her books come from working with children and carefully listening to parents, teachers and corporate leaders. Julias books have been referenced in such publications as Parents Magazine, The New Yorker, and babyzone.com. In her spare time, Julia enjoys spending time with her husband and family. In order to teach a child, you must enter their view of the world. - Julia Cook

### **Users Review**

#### **From reader reviews:**

##### **Carrie Rivas:**

Reading can called thoughts hangout, why? Because if you find yourself reading a book specially book entitled Wilma Jean the Worry Machine your mind will drift away trough every dimension, wandering in most aspect that maybe mysterious for but surely can be your mind friends. Imaging just about every word written in a book then become one type conclusion and explanation in which maybe you never get ahead of. The Wilma Jean the Worry Machine giving you a different experience more than blown away your mind but also giving you useful info for your better life on this era. So now let us present to you the relaxing pattern is your body and mind is going to be pleased when you are finished looking at it, like winning a casino game. Do you want to try this extraordinary wasting spare time activity?

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##### **Ralph Scott:**

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**Carolyn Ziolkowski:**

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