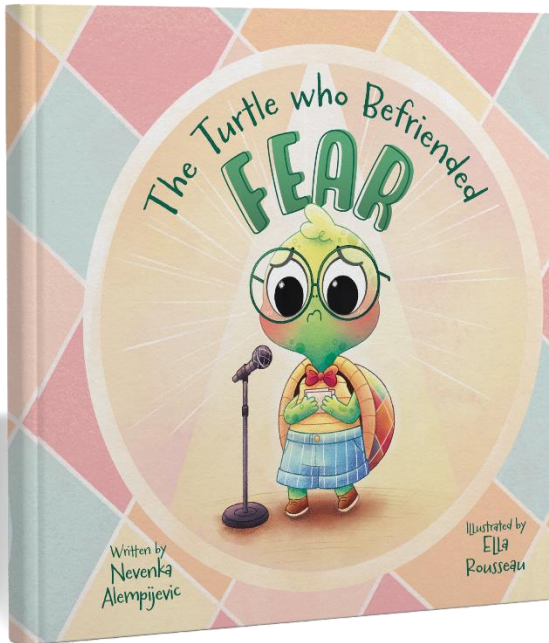


The Turtle Who Befriended Fear

Written by Nevenka Alempijevic

Illustrated by Ella Rousseau



ISBN	9781923101630
Publication Date	25 MAR 2024
Ages	3-8 yrs old
Format	Paperback
Audience	Children
Author Location	Toowoomba, QLD

Price available on our website



Embarking on a transformative journey,
a little turtle discovers that fear is a universal companion,
present in the hearts of all of us, including the brave.

By learning strategies to calm the body,
the turtle focuses on making choices that
give it meaning and purpose.

Ultimately real strength emerges when
we courageously face our fears

ABOUT THE AUTHOR



Nevenka Alempijevic is passionate about mental health and well-being having worked in the sector for over a decade. Her engagement in this sector is underpinned by a Post-graduate Diploma in Psychology and a master's degree in Suicidology.

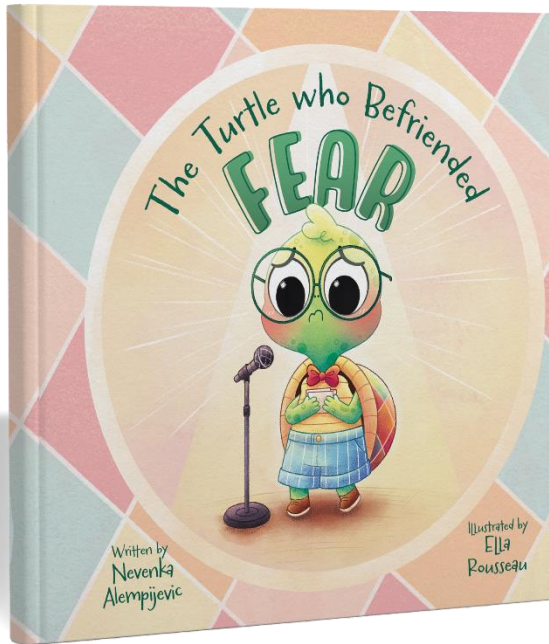
Nevenka aims to distil complex concepts into easily palatable ideas so that they can be more accessible to the public. Her vision revolves around facilitating meaningful discussions and skill development within families through literary interaction, helping them to navigate life's inevitable hurdles.

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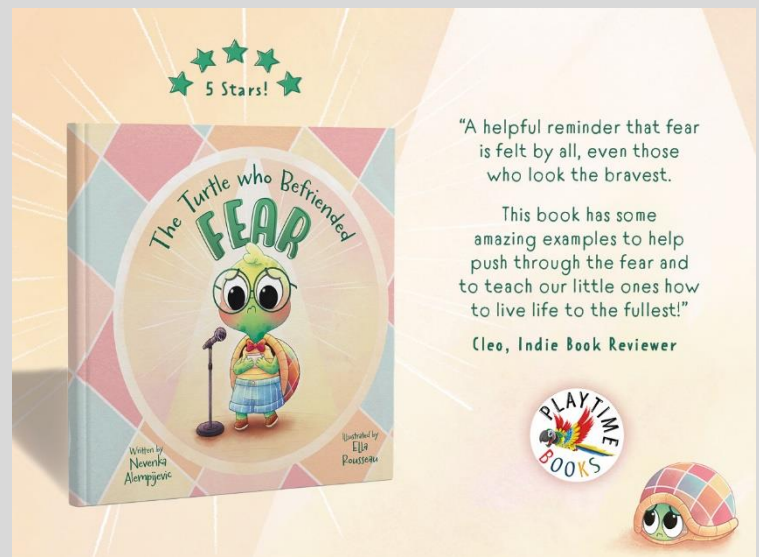
A CONVERSATION WITH THE AUTHOR

WHY DREW YOU TO WRITE *THE TURTLE WHO BEFRIENDED FEAR*?

I wrote this book because I wanted to focus on an aspect of mental health that a lot of people struggle with – social anxiety. I wanted to help children understand that feeling anxious is completely normal but that hiding from fear limits us. Instead, it is important to learn strategies to calm the body in order to pursue things that are new and meaningful.

WHAT WAS AN EARLY EXPERIENCE WHERE YOU LEARNED THAT LANGUAGE HAD POWER?

I always knew that language had power, but I didn't fully understand to what extent until I studied hypnotherapy. The words that we say to ourselves in particular, have incredible power. The brain is always listening so I encourage everyone to make sure that your self-talk is supportive and not harsh and critical. It will ultimately determine how you think and feel about yourself.



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