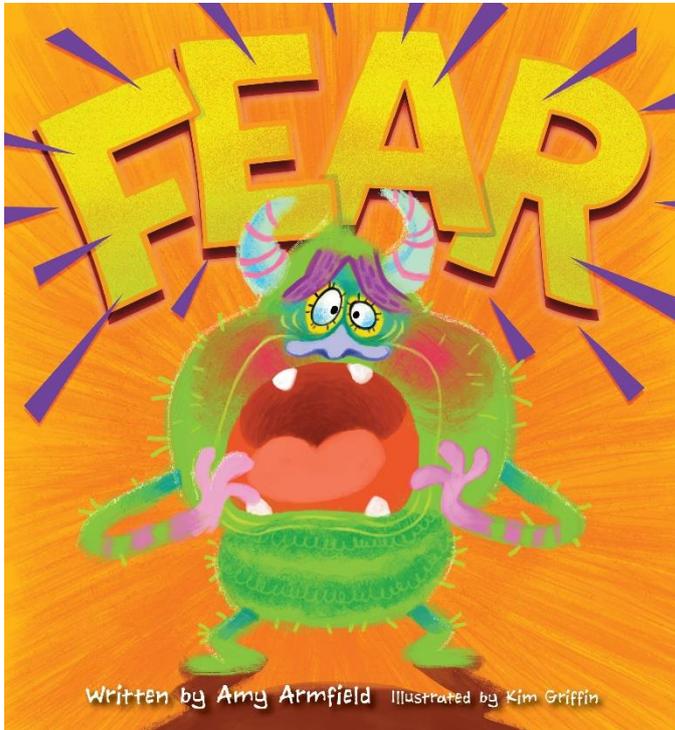


# FEAR

Written by Amy Armfield  
Illustrated by Kim Griffin



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ISBN	9781922851222
Publication Date	22 MAY 2023
Ages	3-8 yrs old
Format	Paperback
Audience	Children
Author Location	Brisbane, QLD

**Price available on our website**

**FEAR IS A GREEN, YUCKY LOOKING MONSTER** who likes to distort our thoughts and tries to stop us from enjoying the happy and exciting moments in life.

A captivating tale to teach us where fear stems from and how to deal with those strange feelings as well as causing a giggle or two along the way.

**FEAR** doesn't need to be scary!  
After all, there is nothing to fear but **FEAR** itself.

*\*Age recommended 3 to 8 years old*

## ABOUT THE AUTHOR



Amy Armfield is a mother of three children who, like many, suffers from anxiety.

When Amy realised that her five year old daughter was suffering from overwhelming feelings of anxiety and fear, she decided to write a fun yet factual book about fear to help explain why we experience these emotions.

The book was a hit and after seeing the huge impact the story had on her daughter Amy decided that she would share the love in having her book published to assist families, teachers and parents in explaining to young children why we experience fear, where it stems from and how to deal with it. Fear helps acknowledge that experiencing these emotions is normal and okay.

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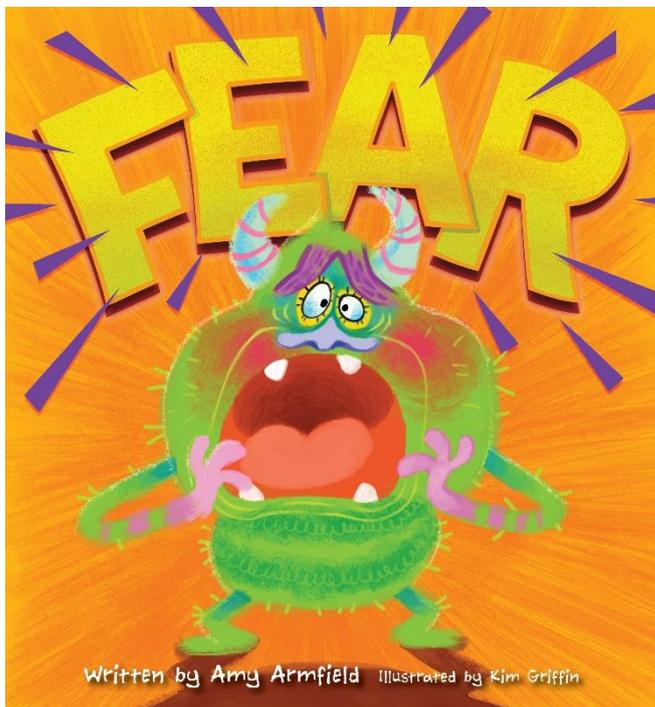
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## A CONVERSATION WITH THE AUTHOR

### WHAT DREW YOU TO WRITING FEAR AND TO THE CHARACTERS WITHIN?

*I had and still struggle with anxiety, especially as a young child. I think that is the most critical time to deal with anxiety as it is a long process to rewire your brain. I believe it really needs to be acknowledged more than what it is.*

### HOW DID YOU CREATE YOUR CHARACTERS TO FIT THE REQUIREMENTS OF THE STORY?

*I just portrayed fear as I wanted him, which is to be less scary and more of a scaredy-cat. I guess that comes from how I wanted my daughter to see it so it didn't feel as big and scary for her.*

### WHAT ARE YOUR PLANS FOR FUTURE BOOKS?

*I want to base them around difficulties in childhood. I have thought about books to do with separation and blended families, for example. I'd like my books to be relatable for young children and these are all things that I went through as a child which helps me to understand.*

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