

IZZY WANTS TO FEEL LIKE A LION BUT MOSTLY SHE FEELS LIKE A MOUSE!

Second Story Press

The Journal of Anxious Izzy Parker

by Alma Fullerton

ISBN: 9781772603163

Price: £8.99

Pub Date: March 2025

Size: 188 x 137mm

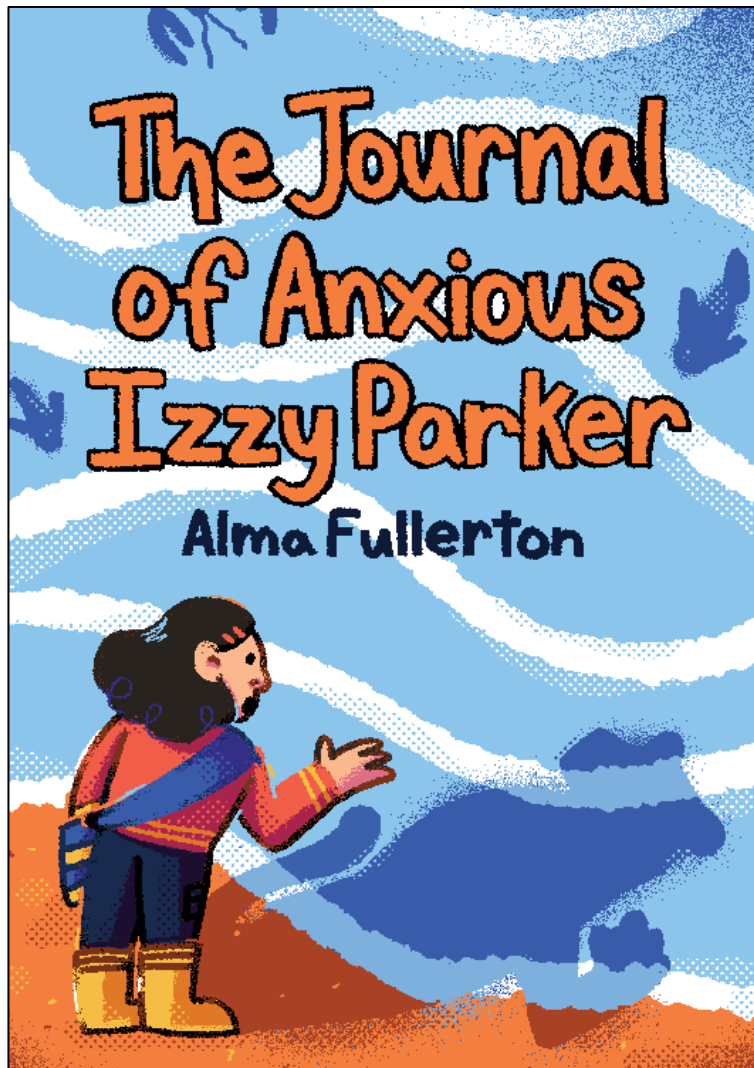
Category: First Chapter Fiction

Format: Paperback

Extent: 90

Age: 6 to 9 years

Key Words: Anxiety, Dyslexia,
New school, Shyness, Loneliness



DAILY JOURNAL

You do not know me because I am new to this school. My name is Isabel Parker, but call me Izzy. I am eight years old and in Grade 3.

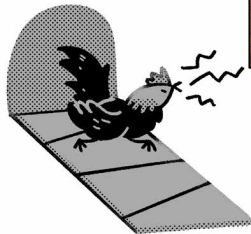
I will be totally honest. I hoped I would get to leave this journal writing stuff behind at my old school. But daily journals must follow a kid no matter what grade or province they are in.

Yay.

Mom would say that that "YAY" is called sarcasm, because it does not really mean I am happy.

I like sarcasm. It hides how I really feel. And this is how I really feel. I do NOT like journals.

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Description:

Eight-year-old Izzy Parker's biggest problem is feeling anxious and afraid. Her mom's decision to move her across the country to Prince Edward Island didn't help. Izzy worries she will say the wrong thing or laugh at the wrong time, and none of the kids will want to be her friend. Sometimes, it's so hard to be Izzy that she can't breathe.

In her honest, awkward, and anxious journal, Izzy writes down the story of her life and how she is trying to be a little less afraid. The good news: things might not be as bad as they seem. Even better? They will soon have a small, furry new family member—an emotional support dog named Gandalf!

Sales Points

- Izzy through storytelling tells how to overcome anxiety through various techniques
- Common theme of starting a new school and making new friends
- Positive story that teaches children they can overcome anything to achieve what they want in life

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