

ADVANCE INFORMATION SHEET

SALES

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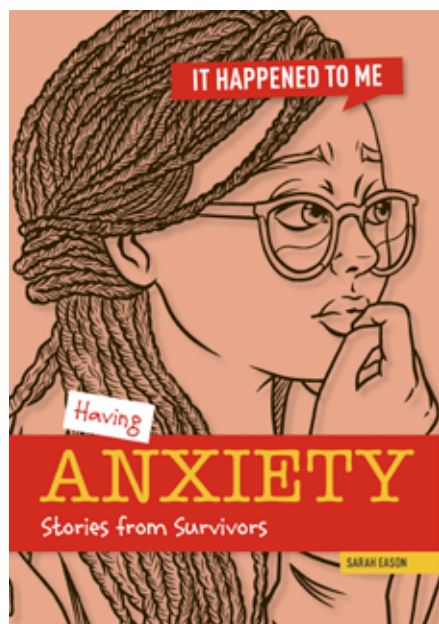
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Having Anxiety

Author: Sarah Eason

This book follows the "It Happened to Me" fictional journals of different young people who have struggled with anxiety. The stories and information in this book can support people suffering from anxiety and help others understand their experience.



ISBN: 978-1-917187-89-3

Price: £10.99

Pub Date: 1 August 2025

Binding: Paperback

Category: Social Science

Format: 162mm x 230mm

Extent: 48 pages

Age: 9-15 years

All books in the series:

Being Bullied
Being Homeless
Being in a Gang
Going Through a Family Breakup
Having a Drug Addiction
Having an Alcohol Addiction
Having an Eating Disorder
Having Anxiety
Having Body Dysmorphia
Having Depression

Book Series:

It Happened to Me

Life as a young person can be challenging, and never more so than today. *It Happened to Me* explores painful life crises that affect many young people through fictional diary entries, supported by informational text.



Key Selling Points

- Feature boxes deliver key stats and facts
- Fictional diary-format spreads detail the personal experience of each life crisis
- Information delivered through emotive and engaging text along with a high-interest format
- Novel/diary-style inviting design

Key Features

- Table of contents
- Full-colour photographs
- Glossary words bolded within text
- Feature boxes
- Glossary
- Further reading and websites
- Author biography