

The **WORRY MONSTER**

Calming Anxiety with Mindfulness



by **Dr. Catherine Cook-Cottone**

illustrated by **Lena Podesta**

The Little Monster Cook

J Rink



The Little Monster Cook:

Discover tales of courage and bravery in Crafted by is empowering ebook, **The Little Monster Cook** . In a downloadable PDF format (*), this collection inspires and motivates. Download now to witness the indomitable spirit of those who dared to be brave.

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