Anxiety
A PICTURE BOOK

By Molly Driscoll

This is Anxiety

This is Brody

This is Molly
Anxiety
A Picture Book

by Molly Driscoll

This is Anxiety
This is Brody
This is Molly
ANXIETY FOLLOWED MOLLY EVERYWHERE
Especially fun places like School
Before school Molly would feel queezy and clammy. She didn’t want to see anxiety.
Until one day her teacher asked Molly to draw her anxiety.
And then sculpt anxiety with clay

And then crumple up anxiety
And then squish anxiety

And the next thing you knew
Anxiety was getting farther and farther away.
So then Molly collaged happy things

and then painted happy things
And Anxiety went farther and farther away
So far away that Molly could barely see Anxiety, or feel Anxiety.

She knew that Anxiety was not in control of her. She was in control of it!

Art kept Anxiety away.
She decided it was called

Art Attack!
Uh Oh...

You better RUN...
THE
END