Dear Teacher,
You make *all* the difference.
Thank you,
A.B. & D.R.



It took hundreds of people to create this book. It took thousands of teachers to prepare us for the task. This book is dedicated to educators—past, present, and future—who share their talents, diligence, humor, and kindness with the world and in doing so, make it a much better place.

**AUTHOR'S NOTE**

Stressful events or situations can affect our bodies. Our hearts might beat faster, and we might breathe faster, too. We can feel nervous or worried. We might sweat or have a sense of impending doom. These feelings are part of anxiety. Occasional anxiety is a regular part of everyone's life. Usually, anxiety passes when the stressful event is over.

Sometimes, however, anxiety can increase or linger for a long time and interfere with a person's daily life. This can be a sign of an anxiety disorder. Millions of people are affected by anxiety disorders. Anxiety disorders have many causes, but the vast majority of people with them can be helped with professional care, which might include therapy, medication, or other treatments.

To learn more about anxiety disorders, ask your physician or visit the Anxiety and Depression Association of America website (ADAA.org).

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In a big windy city, in a small bungalow,
lived a father, five children, three cats, and one crow.
The baby was Lila, with a curl on her head,
which cast an odd shadow and filled her with dread,
as did cabbages, cardboard, bananas, and bark.
And each little thing that went bump in the dark.







When Lila turned three,

she had such a great thought.

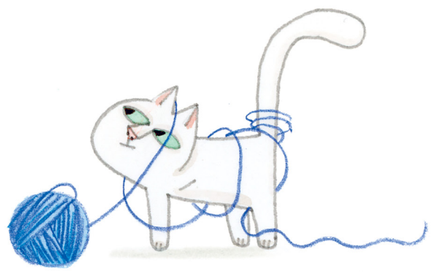
She twisted her wild,

wiggly curl in a knot

and to the relief of all of the Greers,

she slept through the night

for the first time in years.





But the *What If*s still got her. They made her heart race.

Put knots in her stomach. A frown on her face.

