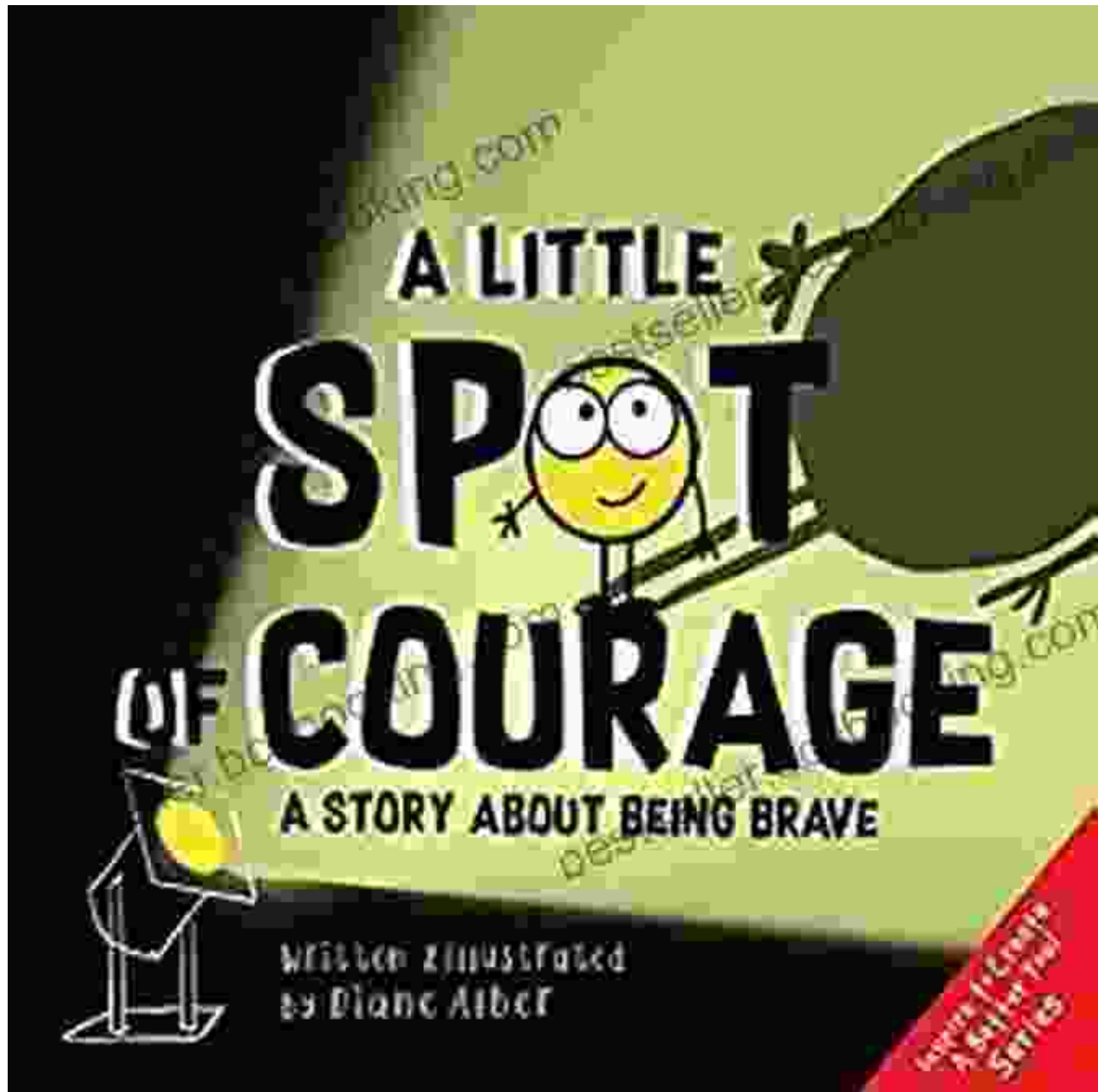


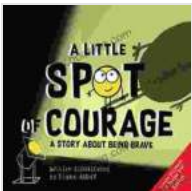
# Little Spot of Courage: A Story to Help Children Cope with Anxiety



Little Spot of Courage is a heartwarming and empowering story that teaches children how to cope with anxiety. This book is perfect for children

who are struggling with anxiety, as well as for parents and educators who want to help children understand and manage their anxiety.

Little Spot is a small puppy who is afraid of everything. He is afraid of the dark, afraid of loud noises, and afraid of being alone. But one day, Little Spot meets a wise old dog who teaches him how to be brave.



## A Little SPOT of Courage: A Story About Being Brave (Inspire to Create A Better You!) by Diane Alber

★ ★ ★ ★ ☆ 4.9 out of 5

Language : English

File size : 9351 KB

Print length : 32 pages

Lending : Enabled

Screen Reader : Supported



The wise old dog teaches Little Spot that courage is not about being fearless. It is about facing your fears and doing what you need to do even when you are scared. Little Spot learns that he can be brave even when he is afraid, and he starts to overcome his anxiety.

Little Spot of Courage is a beautifully illustrated story that will help children learn how to cope with anxiety. This book is a valuable resource for parents and educators who want to help children understand and manage their anxiety.

### **What Parents and Educators Are Saying About Little Spot of Courage**

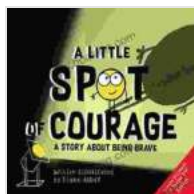
"Little Spot of Courage is a wonderful book that teaches children how to cope with anxiety. My son loves this book, and it has helped him to understand and manage his own anxiety." - Parent

"Little Spot of Courage is a valuable resource for parents and educators. This book provides a simple and effective way to teach children how to cope with anxiety." - Educator

## Free Download Your Copy of Little Spot of Courage Today!

Little Spot of Courage is available for Free Download on Our Book Library, Barnes & Noble, and other major retailers. You can also Free Download a signed copy of the book from the author's website.

Help your child overcome anxiety with Little Spot of Courage!



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