

Free eBook: *Everybody Worries* by Jon Burgerman

Even the bravest of the brave and the coolest of the cool worry. Worrying is normal when so much has changed.

Inspired by conversations with his parent friends who weren't sure how to explain what is happening right now to their small children, artist and writer Jon Burgerman decided to do something to help.

"I decided to write a book about worry and stress and how normal it is and how we can try and mitigate it. I think we might not acknowledge that small children worry as much as they do. Without a means of expressing their anxieties the stress can manifest and have adverse effects.

It's important to talk openly about what is going on and that the feelings we're experiencing are being felt by a lot of people, and that by sharing and caring for each other we can try and make it a little better."

