

# The Tales of Sophie Shenanigans

Come along with Sophie; she's going on an adventure to find her forever home!

Sometimes life is scary, and it doesn't work out exactly like we think it will. But Sophie meets a friend who helps her see things differently . . .

The Tales of Sophie Shenanigans: Sophie Takes a Trip normalizes anxiety and educates young readers that there are ways to feel better when feeling scared. It also helps readers understand how anxiety can make us feel, emotionally and physically. The target audience is children ages 4–8 who suffer from symptoms of anxiety, as well as children who are embarking on a new experience; for instance: moving, starting/changing schools.

It is loosely based on cognitive behavioral therapy, using the model in a child-friendly way.



---

AUTHOR:	Jill Macdonald	PAPERBACK:	9780228888789
EMAIL:	<a href="mailto:thetalesofsophie@gmail.com">thetalesofsophie@gmail.com</a>	HARDCOVER:	9780228888796
GENRE:	Children's Book	RELEASED:	MARCH 2024

---



Jill Macdonald is a Registered Social Worker who has worked at a community health centre in Toronto for over fifteen years. She practices individual therapy with both children and adults who live with various mental health issues, a high percentage being anxiety. This is her first book. Sophie was adopted with the assistance of the Kerry Blue Terrier Club of Canada and flew from Vancouver Island, British Columbia, to Toronto, Ontario, where she found her forever home with Jill.

# NOW AVAILABLE