



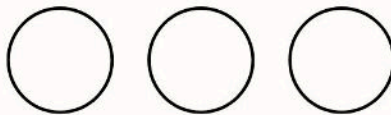
Alison McGrath

Write Mind Books LLC
Children's Author

About me

Alison McGrath lives in Massachusetts with her husband, three children, and two dogs. Alison is a passionate School Adjustment Counselor who works with students from kindergarten through the fifth grade discussing worry-thoughts, coping strategies, and mindfulness. Alison loves to teach about growth mindset, self compassion, and reframing worry-thoughts. She has found the cognitive behavioral therapy (CBT) to be especially powerful with individuals who have anxiety. Her personal library of books is large, and she is a huge supporter of bibliotherapy. Alison's hope is that her new book *Walter and the Worry Test* will support educators and parents to help guide children on the journey to be as worry-free as possible!

DEMOGRAPHICS & AUDIENCE



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CONTACT

www.authoralisonmcgrath.com
authoralisonmcgrath@gmail.com
Instagram @writemindbooks

