

BEST BOOKS



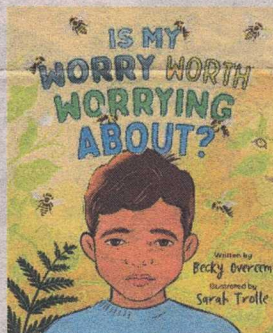
**KAREN
McMILLAN**
Books Editor

Holiday reading for all the family

Is My Worry Worth Worrying About? by Becky Overeem (Little Love, RRP \$20)

In this book, the central character has many worries, and his little worries are growing into big ones, until he can no longer concentrate and feels tired all the time. But when he asks, "Is my worry worth worrying about?" and makes a plan, everything changes. This sensitively written picture book helps young readers navigate anxiety and find a sense of calm. Perfect for the school holidays.

— Karen McMillan

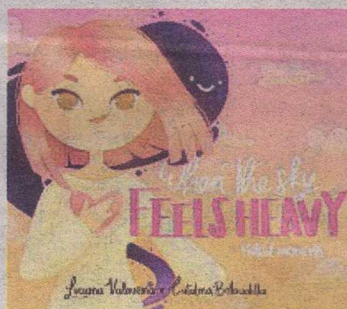


When the Sky Feels Heavy by Luciana Valbuena (PaperWave, RRP \$20)

This beautiful picture book is written just as much for mothers as it is for their children. This is a special book that addresses mothers

navigating difficult days, particularly in the early stages of motherhood. In the story, the mother possesses a superpower, and she is finally able to defeat the invisible figure she has been battling. Helpful and inspirational.

— Karen McMillan

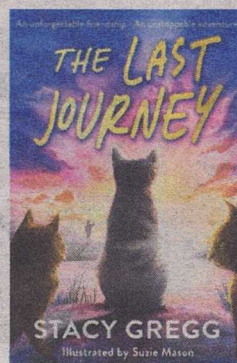


The Last Journey by Stacy Gregg (Simon & Schuster, RRP \$21)

Inspired by living in a cul-de-sac and watching her cat Pusskin interact with the local cats, Stacy Gregg has written a delightful junior fiction novel that will capture the hearts of children.

Pusskin and Lottie, his 11-year-old owner, are inseparable. But when the birds disappear, cats are blamed, and Pusskin and his feline friends go on an epic journey to save their lives.

— Karen McMillan



Becky Overeem has produced a picture book that helps youngsters overcome anxiety.



Top read
the team

A Beautiful Fall
Unwin, RRP \$20

An exceptional of childhood summer holiday with the suspenseful family mystery. The narrator is left to devices. When she befriends Kahu with a tragic story a girl who went two years ago, she becomes detective starts as a harmless adventure soon far darker secrets.

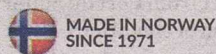
— Andrea Mol

How to Lose Y
(Picador, RRP \$20)

A memoir about and daughters, Jong-Fast writes her life in relation famous mother feminist writer E. Molly describes chaotic upbringing being raised by hungry mother with her mother current-day dementia, while dealing with her husband's battle challenges. Hon

— Karen McMillan

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