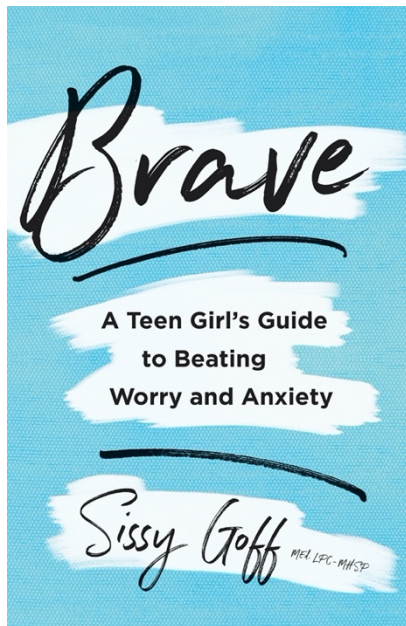




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BRAVE: A TEEN GIRL'S GUIDE TO BEATING WORRY AND ANXIETY

LICENSED COUNSELOR SISSY GOFF POURS 25 YEARS' EXPERIENCE
INTO NEW BOOK EMPOWERING TEENAGE GIRLS WHO BATTLE ANXIETY



Bloomington, MI – (October 2020) National studies show that teenage girls are twice as likely to struggle with worry and anxiety as boys¹. Now, as an international pandemic disrupts school and family routines, counselor Sissy Goff reports that stress levels of teenage girls are spiking even higher. Sissy has worked with teen girls at Daystar Counseling (Nashville, TN) for more than 25 years. She believes the rising anxiety level of her clients is representative of thousands of girls who are struggling across the nation.

Sissy can't counsel teen girls in every city, but she is eager to provide hope and help to as many girls as possible. This year she has created the first workbook specifically designed for teen girls suffering with anxiety – ***Brave: A Teen Girl's Guide to Beating Worry and Anxiety*** (February 2021, Bethany House).

Writes Sissy: "I don't think it has ever been harder to be a teenager than it is today. Especially a teenage girl. And I have been counseling girls for almost thirty years. That's a lot of girls. And a lot of years."

Brave is crafted as an interactive workbook for 11-to-18-year-old girls. Readers are drawn into the text with opportunities draw, journal and reflect. Three sections of the workbook – Understanding, Help and Hope – empower girls to define and identify anxiety. Sissy Goff then helps girls choose and implement time-tested strategies for decreasing anxiety while increasing peace and grace.

Sissy describes the reality of girls today: "Teen girls feel too much pressure—to please, to perform, to excel, to be responsible. Plus, they want to look beautiful while they're doing it all, and doing it all well. They feel pressure before they're really old enough to understand it. And when something goes wrong in a girl's world, she usually blames herself."

Sissy Goff has invested thousands of hours in researching the impact of anxiety on girls and young women. Those findings were highlighted in her 2019 bestselling book for parents, *Raising Worry-Free Girls*, and a

workbook for younger girls (ages 8-11): *Braver, Stronger, Smarter*. This year Sissy's workbook for teen girls, *Brave*, applies her anxiety expertise to the unique struggles of teen girls:

- Girls are twice as likely to struggle with worry and anxiety as boys. Yet they often hide feelings of anger, disappointment, or any emotion others might interpret as bad or unlikable.
- Teen girls start feeling more in-control as they learn to name and define feelings such as worry, anxiety and fear. They begin to understand that emotions are valuable but not all-important.
- Girls have more resources than they realize. As they can begin identifying where help is available, they grow stronger and braver.
- Teenagers can learn to identify and try out new strategies for handling anxiety. Once they have a plan for combatting worry and fear, their levels of confidence and hope increase.

"Anxiety left untreated only gets worse," explains Sissy. "The good news is that help is available. I truly believe *Brave* can profoundly help the worried girl you love."

Sissy Goff, MEd, LPC-MHSP, spends most of her days counseling girls and their families with the help of her assistant/pet therapist, Lucy the Havanese. Since 1993, Sissy has worked as the director of child and adolescent counseling at Daystar Counseling Ministries. She speaks to parents and children's ministers across the country and is a frequent guest on media outlets such as *Southern Living*, *Talk of the Town TV*, *Focus on the Family*, *That Sounds Fun*, *Rhythms for Life*, *Family Life Today*, *Fox News* and *Money Saving Mom*. Sissy Goff is the author of eleven books including *Raising Worry-Free Girls* and *Braver, Stronger, Smarter* in 2019 and *Brave* in 2020.

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Resources on Anxiety & Worry from Sissy Goff

For parents: *Raising Worry-Free Girls*

For younger girls: *Braver, Stronger, Smarter*

For teen girls: *Brave: A Teen Girl's Guide to Overcoming Worry and Anxiety*

Brave arrives February 2021, Trade Paper, 5.5 x 8.5", 224 pages, US \$16.99, ISBN-13: 978-0-7642-3839-0

www.RaisingBoysandGirls.com

ⁱ Anxiety and Depression Association of America, adaa.org, <https://adaa.org/living-with-anxiety/women/facts>