

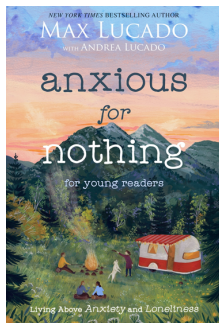
Interview Questions for  
***Anxious for Nothing for Young Readers:  
Living Above Anxiety and Loneliness***  
By Max Lucado, with Andrea Lucado

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*"I am so very proud of you for wanting an answer to this question: How do I deal with worry?  
Many people never seek that answer. They assume that anxiety comes with life.  
To a degree, they are correct. Anxiety comes with life.  
But anxiety shouldn't take over your life."  
- Max Lucado*

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- You recently adapted content from your bestselling book, *Anxious for Nothing*, specifically for young readers. Why this topic for this age group right now?
  - How do you define worry for a young reader, around 8 to 12 years old? What does worry and anxiety look like in their everyday lives?
  - How do you explain to preteens the difference between anxiety and fear?
  - What would you say to a preteen who believes their feelings of anxiety are sinful?
  - You offer an acronym in this book: C.A.L.M. What do those letters stand for? How can they help a worried child?
  - What do preteens need to understand about the difference between guilt and shame?
  - Children may not say it out loud, but the pandemic may have them wondering: If God has a plan, why do bad things happen? How can adults address God's sovereignty to the worried children in their lives?
  - How does prayer affect a worried mind – whether a child, teenager or adult?
  - Can gratitude provide relief from worry and anxiety? How have you seen that work?
  - Your book lists 10 ways to choose "happy thoughts" when feeling anxious. Can you share a few of those with us?
  - What was it like to create this book alongside your daughter Andrea Lucado?
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**Guest:** Max Lucado, *New York Times* bestselling author, pastor

**Book title:** *Anxious for Nothing for Young Readers: Living Above Anxiety and Loneliness*

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