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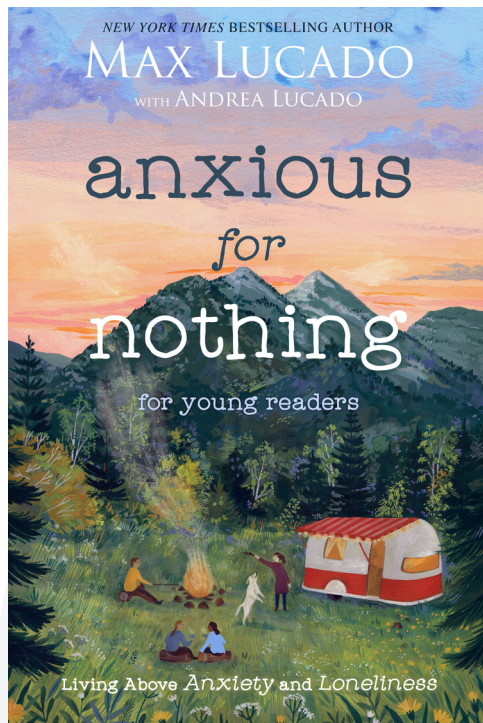
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**NEW BOOK FROM PASTOR MAX LUCADO  
HELPS YOUNG READERS OVERCOME WORRY  
*ANXIOUS FOR NOTHING FOR YOUNG READERS:  
LIVING ABOVE ANXIETY & LONELINESS***



**Nashville, TN** — The Centers for Disease Control (CDC) reports that mental health-related pediatric emergency admissions in 2020 increased 31% over the previous year<sup>1</sup>. Meanwhile, parents and therapists report that stress and worry have risen dramatically among children and teenagers since the COVID-19 pandemic began<sup>2</sup>. As a result, families are seeking out tools to help children manage worry and loneliness.

Pastor Max Lucado and his daughter Andrea Lucado have crafted just such a resource. Their new book is designed to help preteens process their worries and rely on God’s faithfulness. ***Anxious For Nothing for Young Readers: Living Above Anxiety and Loneliness*** (Tommy Nelson) arrives July 2021. By adapting themes from two of his beloved adult titles, *You Are Not Alone* and *Anxious for Nothing* (which has sold almost one million copies), this new volume offers young readers reliable, accessible guidance for stressful days.

Max Lucado defines worry as letting tomorrow’s problems ruin today: “There is nothing wrong with being prepared for tomorrow,” he explains. “Nor is it wrong to have a healthy concern for tomorrow. But worrying goes beyond preparation and healthy concern. By discovering God’s tools for dealing with anxiety, you will increase the odds of a happy and joy-filled life.”

With the warmth and authenticity readers expect from Lucado’s writing, Max offers biblical hope and practical strategies to help kids flourish in their middle grade years – including age-appropriate sidebars addressing technology-related stress. ***Anxious for Nothing for Young Readers*** introduces these concepts:

- How to thrive instead of survive (with reflection questions)
- Truths to claim for themselves in difficult moments (with scriptures, call out quotes)
- Practical ways to work through their worries and rely on God’s faithfulness (with calming breathing techniques, journaling prompts)

Laura Minchew, Senior Vice President and Group Publisher for Tommy Nelson, comments: ***“Anxious for Nothing for Young Readers*** is practical, motivating, and biblically grounded. We see this as timely book for any tween who sometimes feels overwhelmed, lonely, or anxious, or who simply wants to know more of God’s abundant joy and peace.”

**Max Lucado** is the leading inspirational author in the United States with more than 145 million products in print, 130 million books in print, 45 languages and 80 countries. His writings have been shaped into

bestselling books, videos, devotionals, songs, greeting cards, booklets, Bible studies, commentaries and theatrically-released movies. According to a LifeWay national survey, 1 in 6 Americans are familiar with Max Lucado and 1 in 7 Americans have read a Lucado book. During the first 45 days of the Coronavirus, Lucado has had more than 10 million views of his daily online video “check-ins” and online church services. Lucado has been featured on countless national media outlets including The TODAY Show, Good Morning America, Huckabee, and Fox & Friends. Max and his wife of 39 years in August 2020, Denalyn, call San Antonio, Texas, home. Max has served the people of Oak Hills Church since 1988. [www.maxlucado.com](http://www.maxlucado.com)

**Andrea Lucado** is a freelance writer based in Austin, Texas. She is the author of *English Lessons: The Crooked Path of Growing Toward Faith*. Before taking on writing full time, she worked in the Christian publishing industry as a book publicist. Andrea holds a master's degree in English literature from Oxford-Brookes University and contributes regularly to online and print publications such as *Relevant* magazine and *She Reads Truth*. When she is not conducting interviews or writing stories, you can find Andrea laughing with friends at a coffee shop or running in the Texas hill country.

**Thomas Nelson** is a world-leading publisher and provider of Christian content and has been providing readers with quality inspirational product for more than 200 years. As part of HarperCollins Christian Publishing, Inc., the publishing group provides multiple formats of award-winning Bibles, books, gift books, cookbooks, curriculum and digital content, with distribution of its products in more than 100 countries and translated into more than 65 different languages. Thomas Nelson is committed to one central mission: inspiring the world by meeting the needs of people with content that promotes biblical principles and honors Jesus Christ. Thomas Nelson is headquartered in Nashville, Tenn. For additional information visit [www.thomasnelson.com](http://www.thomasnelson.com).

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***Anxious for Nothing for Young Readers***

***Living Above Anxiety and Loneliness***

By Max Lucado with Andrea Lucado

Available from: Thomas Nelson

Release date: July 13, 2021

Price: U.S. \$15.99

Format: Paperback

Pages: 192

ISBN-13: 978-1400229543

BISAC category: JuvenileNonfiction / Religious

Review copies, reprint permission and interviews are available.  
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<sup>1</sup> <https://www.npr.org/2021/03/14/977215385/professionals-see-uptick-in-teen-mental-health-issues-aggravated-by-pandemic>

<sup>2</sup> <https://www.nytimes.com/2020/11/09/well/family/children-anxiety-stress-pandemic.html?searchResultPosition=1>