

## AMERICA'S ANXIETY EPIDEMIC DISPROPORTIONATELY IMPACTS GIRLS GIRLS AND PARENTS NEED UNDERSTANDING, HOPE, AND PRACTICAL HELP

LICENSED COUNSELOR SISSY GOFF POURS 25 YEARS' EXPERIENCE INTO PAIR OF BOOKS:  
"RAISING WORRY-FREE GIRLS" AND "BRAVER, STRONGER, SMARTER" ARRIVE IN SEPTEMBER



Bloomington, MN – (July 3, 2019) Anxiety has been the primary mental health problem facing children and teens today and has been for more than a decade, and recent studies reveal that girls are twice as likely to develop an anxiety disorder as boys<sup>1</sup>. Licensed counselor Sissy Goff has worked with girls for 25 years and confirms that anxiety has reached epidemic proportions. As increasing numbers of girls and their parents seek support, Sissy Goff has distilled her best guidance for parents and girls into a pair of books releasing this September. *Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World* is written for parents of girls. The companion workbook for girls ages 8 – 11 is entitled *Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry & Anxiety*. Sissy Goff's new books offer time-tested strategies to decrease anxiety in girls while increasing their experience of peace and grace.

Sissy Goff explains the situation girls face today: "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."

*Raising Worry-Free Girls* is designed for parents and includes wisdom garnered from the author's counseling practice as well as proven research and best practices for treating anxiety in girls. Sissy walks parents through three sections: Understanding, Help and Hope.



“We adults often don’t know when a girl is battling a ‘worry monster,’” Goff writes. “We only see her tears. Or anger. Or hear the endless questions. Her outsides don’t match her insides, and her worries come out sideways through a whole host of other emotions. We don’t understand. Neither does she.”

Knowing that each girl must slay this “worry monster” herself, Goff has created a companion workbook for girls (ages 8-11) entitled ***Braver, Stronger, Smarter: A Girl’s Guide to Overcoming Worry & Anxiety***.

Goff helps each worry-prone girl discover that she is not alone and is braver than she might think. Goff writes from the heart as a practical and wise, older sister. The illustrated workbook also features Goff’s therapy dog Lucy, who has played an integral role in helping real life girls defeat anxiety.

Goff knows the “worry monster” is beatable and wants to share the good news with parents. “The more your daughter learns about her ‘worry monster,’ the weaker he gets. With a little help, a lot of empowerment, and a foundational faith, your daughter’s worries can shrink to a manageable size.”

Sissy Goff invites parents and the girls they love to develop new skills, including the ability to:

- Identify the traps that plague the worried mind of a girl
- See the specific triggers and scenarios that increase anxiety
- Learn the relationship between fear, worry and anxiety
- Encourage girls for their effort more than the outcome
- Embrace the parents’ ability to both help and hinder the anxious girl
- Increase positive experiences with change and stressful situations (bedtime, school, change)
- Empower girls to find their voice both in their fears and in their accomplishments

Both ***Raising Worry-Free Girls*** and ***Braver, Stronger, Smarter*** will be heavily promoted at conferences and events where Sissy Goff speaks this fall. A PR campaign featuring interviews on national podcasts, websites, radio and TV outlets is well underway.

**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 Focus on the Family, Family Life Today, and The 700 Club. Sissy Goff is the author of eleven books including *Raising Worry-Free Girls* and *Braver, Stronger, Smarter* (2019).

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**New Books from Sissy Goff**

Available September 2019 from Bethany House Publishers

***Raising Worry-Free Girls:***

***Helping Your Daughter Feel Braver, Stronger and Smarter in an Anxious World***

Trade Paper, 224 pages, US \$15.99, ISBN-13: 978-0-7642-3340-1

***Braver, Stronger, Smarter: A Girl's Guide to Overcoming Worry & Anxiety***

Trade Paper, 64 pages, US \$12.99, ISBN-13: 978-0-7642-3341-8

[www.RaisingBoysandGirls.com](http://www.RaisingBoysandGirls.com)

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<sup>i</sup> National Institutes of Mental Illness, [https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml#part\\_155096](https://www.nimh.nih.gov/health/statistics/any-anxiety-disorder.shtml#part_155096)