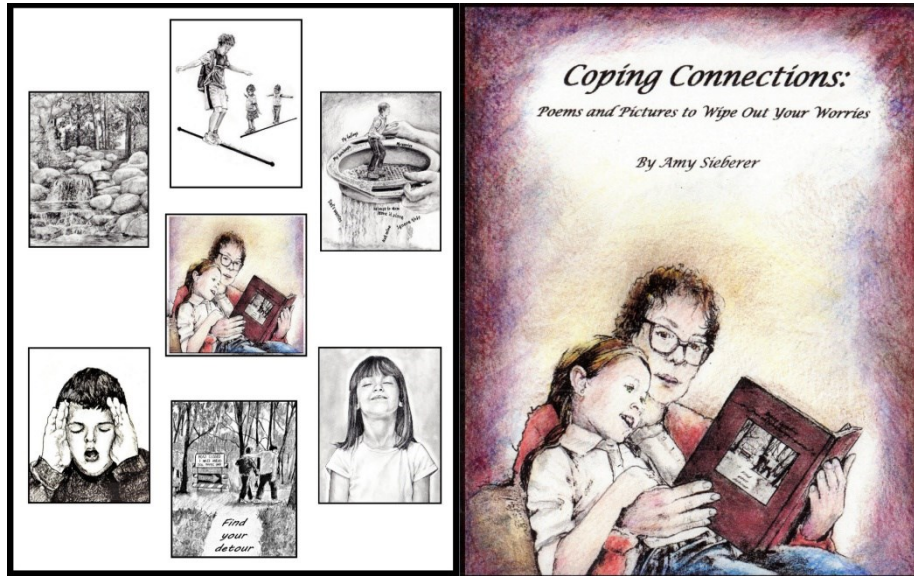


*****FOR IMMEDIATE RELEASE*****

COPING CONNECTIONS

Written and illustrated by Amy Sieberer



Portrait artist and poet, illustrator and former teacher, Amy Sieberer, has released her second, self-published children's book entitled "COPING CONNECTIONS".

A young girl named Lilly comes home from a rough day at school, feeling sad and worried. Her grandmother shows Lilly a book she's written, filled with "poems and pictures designed... to remove the worries from your mind." Lilly reads the book with her "Granma", and learns about Line Segments and Sifters, Breathing and even Brain Fart strategies!

"My daughter, Lilly, was diagnosed with Autism when she was five. When she was 8, I came up with the concept of 'Coping Connections'; a series of ideas and tools, designed to help Lilly manage anxiety and stressful situations. Through Coping Connections, Lilly was able to excel in school and manage life's ups and downs. I hope that other children (and adults!) can use Coping Connections in their lives, too!"



Amy Sieberer has been writing poetry and illustrating life for the past 40 years. Her lifelong dream to write and illustrate children's books has come true! Amy lives in the Philadelphia suburbs with her endlessly patient and supportive husband. Her two children are on the Autism Spectrum and their life experiences are the basis behind Amy's creative expressions. Amy's mission is to show the world how to "find the funny" in life's often unfunny moments.

Middle Grade, ages 8-12/Stress Management/Poetry/Illustrations
Paperback, 6x9 inches ISBN: 9798989309702
\$15: Available for purchase on Amazon.com

<https://www.amazon.com/dp/BoCKZ6CV9R>