



FOR IMMEDIATE RELEASE

“Wow! The Things We Can Do! Me, You, and Anxiety Too!” Invites Children to Befriend Anxiety and Use Its Energy for Creativity and Courage

New children’s book by therapist and author Aileen Nealie encourages children to see anxiety as a friendly wave of energy they can create with, featuring whimsical illustrations by acclaimed animation director Mark Dindal.

Los Angeles, CA – 3 November 2025 – Author and Energy Psychology Therapist Aileen Nealie helps children ages 4–8 see anxiety not as fear, but as energy they can understand, embrace, and use creatively in her new picture book, “Wow! The Things We Can Do! Me, You, and Anxiety Too!”

In the story, young Timmy’s worries take shape as a glowing, playful wave of energy. With the support of new friends, he discovers that this wave doesn’t need to be pushed away or battled—it can be welcomed as a source of courage, imagination, and even superpowers.

“Even if they don’t show obvious signs of stress, every child can benefit from learning how to work with anxiety’s energy,” says Nealie. “Instead of treating it as an enemy to fight or suppress, we can invite it to be a friend. When we do that, anxiety’s energy becomes our ally”

With vibrant illustrations by Mark Dindal (*The Emperor’s New Groove*, *The Garfield Movie* [2024]), the story blends playfulness and heart to offer children, parents, teachers, and therapists a hopeful new way to approach anxiety.

High-resolution images and full press kit attached. Author and Illustrator available for media interviews and live appearances.

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FACT SHEET

Wow! The Things We Can Do! Me, You and Anxiety Too!

A children's illustrated book by Aileen Nealie

Illustrated by Mark Dindal

Book Details

Title: Wow! The Things We Can Do! Me, You and Anxiety Too!

Author: Aileen Nealie

Illustrator: Mark Dindal (Garfield, The Emperor's New Groove, Chicken Little)

Genre: Children's illustrated book / Emotional wellness

Publisher: Lulu Press (Paperback & Hardcover), Barnes & Noble Press (Hardcover), Amazon KDP (eBook)

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Retail Price: \$21.99 (Hardcover) | \$13.99 (Paperback) | \$9.95 (eBook)

Availability: Amazon, Barnes & Noble, Lulu, and other major retailers

Book Summary

Wow! The Things We Can Do! Me, You and Anxiety Too! is a gentle and empowering story for readers of all ages about understanding and befriending anxiety. Through soothing language and vivid illustrations, the book helps children identify what anxiety feels like in their bodies and minds, while guiding parents and caregivers to open conversations about emotional awareness, mindfulness, and resilience.

About the Author

Aileen Nealie, LMFT, DCEP

Aileen Nealie is a licensed holistic psychotherapist and Diplomate in Comprehensive Energy Psychology. Since 2003, she has supported individuals in overcoming anxiety, trauma, and life transitions through a heart-centered blend of traditional and energy-based therapies. She is also the author of *Visualize Yourself: Designing the Outcome of Your Life, One Issue at a Time* and a meditation teacher on Insight Timer.

About the Illustrator

Mark Dindal is an award-winning animator and film director known for *The Garfield Movie* (2024), *The Emperor's New Groove* (2000), and *Chicken Little* (2005). His unique style brings warmth, humor, and accessibility to every page of *Wow! The Things We Can Do! Me, You and Anxiety Too!*.

Key Themes & Talking Points

- Helping children understand and manage anxiety
- Teaching emotional literacy through storytelling
- Strengthening parent-child communication
- Mindfulness, visualization, and compassion
- Turning anxiety into self-acceptance and growth

Media & Contact

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High-resolution images and full press kit available upon request.

Author and illustrator available for media interviews and live appearances.

A portrait of Aileen Nealie, a woman with long brown hair, smiling and wearing a white top. The background is a teal and blue abstract pattern.

Aileen Nealie

Holistic Psychotherapist
Published Author
Public Speaker

Empowering Individuals to Transform Anxiety into Calm and Confidence

Aileen Nealie is an award-winning holistic psychotherapist, published author, and public speaker whose work blends emotional healing with meaningful transformation. A Diplomate in Comprehensive Energy Psychology, she helps individuals of all ages move from anxiety to confidence, creativity, and calm. She wrote *Visualize Yourself: Designing the Outcome of Your Life, One Issue at a Time*, a guide to using

imagery for personal growth and balance. Her newest release, *Wow! The Things We Can Do! Me, You, and Anxiety Too!*, carries that compassionate vision to children—encouraging them to meet anxiety with curiosity and kindness and to channel its energy into courage and imagination. Aileen's meditations on the Insight Timer app, have reached thousands worldwide, offering comfort, clarity, and peace.

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Mark
Dindal

Movie Director
Animator
Illustrator

Illustrating Hope and Imagination for a New Generation

Mark Dindal's passion for animation began at age three, when his grandmother took him to see Disney's *The Sword in the Stone*, a moment that sparked a lifelong love of storytelling through art. A graduate of CalArts, he began his career at Disney, contributing to classics like *The Fox and the Hound*, *The Black Cauldron*, and *The Little Mermaid*.

He went on to direct audience favorites including *Cats Don't Dance*, *The Emperor's New Groove*, and *Chicken Little*, developing projects for DreamWorks, Warner Bros., and Paramount along the way. Most recently, he brought *The Garfield Movie* (2024) to life with his signature blend of humor, warmth, and imagination.

Reflecting on his collaboration with Aileen Nealie, Dindal shared:

"I was drawn to illustrate this book by Aileen's compassion for and commitment to supporting children with anxiety. I wholeheartedly share her feelings and was excited to help bring this book to life."



NEWSLETTER SPECIAL EDITION

Introducing *Wow! The Things We Can Do! Me, You and Anxiety Too!*

A Heartfelt New Children's Book About Anxiety and Courage

I'm thrilled to share the launch of my new children's book, ***Wow! The Things We Can Do! Me, You and Anxiety Too!*** — a heartfelt story that helps children (and the grown-ups who love them) understand and embrace feelings of anxiety with compassion, curiosity, and courage.

Through gentle rhymes and colorful illustrations by **Mark Dindal** (movie director for several animated movies such as ***The Emperor's New Groove*** 2000 and ***The Garfield Movie*** 2024), the book invites readers into a world where anxiety becomes a friendly guide; reminding us that big feelings can lead to even bigger strengths.

Designed for parents, teachers, therapists, and caretakers alike, this story invites children to turn anxious feelings into moments of play and bravery — nurturing emotional awareness and resilience in joyful, imaginative ways.

Available Now

📖 Hardcover | 📄 Paperback | 💻 eBook

Find links to purchase:

www.AileenNealie.com/book/

About the Author

Aileen Neal is an award-winning licensed holistic psychotherapist and author, known for her soothing, guided visualizations that help children and adults transform anxiety into calm and confidence.

THANK YOU FOR CELEBRATING THIS SPECIAL MILESTONE WITH ME. MAY THIS BOOK SPARK MEANINGFUL CONVERSATIONS AND INSPIRE A SENSE OF "WOW!" IN EVERY HEART IT REACHES.

WARMLY,
AILEEN NEALIE