

Poppy and the Overactive Amygdala: A Journey of Self-Discovery, Healing, and Resilience

In the vibrant world of Emotionsville, there lived a young girl named Poppy. Poppy was a happy and curious child, but deep down, she harbored a secret that made her feel different.



Poppy and the Overactive Amygdala by Eric Provan

★★★★☆ 4.8 out of 5

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Poppy's amygdala, a tiny part of her brain that was responsible for detecting danger, was overactive. It was like a super-sensitive alarm system that was always on high alert, making her feel anxious and worried even when there was no real threat.

At first, Poppy didn't understand why she felt so different from her friends. She would often feel overwhelmed by her emotions, which would sometimes lead to tantrums or meltdowns. Her teachers and parents were concerned, and they tried their best to help, but nothing seemed to work.

One day, Poppy met a wise old owl named Professor Hoot. Professor Hoot explained to Poppy that her overactive amygdala was causing her to feel

anxious and worried, even when there was no real danger. He also told Poppy that she could learn to manage her amygdala and regulate her emotions.

With Professor Hoot's guidance, Poppy embarked on a journey of self-discovery and healing. She learned about the different parts of her brain and how they worked together. She practiced mindfulness and breathing exercises to help her calm her nervous system and manage her anxiety.

Through engaging storytelling and practical exercises, "Poppy and the Overactive Amygdala" empowers children to understand their emotions, regulate their nervous systems, and cultivate inner peace.

As Poppy's journey unfolded, she discovered a newfound sense of self-confidence and resilience. She learned that it was okay to feel different and that she could overcome her challenges with the help of others.

Poppy's story is a testament to the power of knowledge, self-compassion, and resilience. It is a story that will resonate with children of all ages who are struggling with anxiety or other emotional challenges.

Join Poppy on her incredible journey as she learns to embrace her uniqueness, overcome her fears, and blossom into a happy, healthy, and resilient child.

What You'll Learn from "Poppy and the Overactive Amygdala"

- What the amygdala is and how it works
- How to recognize the signs of an overactive amygdala
- Practical strategies for managing anxiety and regulating emotions

- The importance of self-compassion and self-acceptance
- How to build resilience and overcome challenges

Free Download Your Copy Today

Give the gift of self-discovery and healing to a child in your life. Free Download your copy of "Poppy and the Overactive Amygdala" today and embark on a journey of growth and resilience together.

Available at all major bookstores and online retailers.



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