

# Anxious MOM, Anxious CHILD

*A Mother's Journey from  
Anxiety to Serenity*



ADACELIS PÉREZ

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## Anxious Mom, Anxious Child: A Mother's Journey from Anxiety to Serenity



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Are you among the millions of mothers around the world suffering from anxiousness? Are you worried that your stress and anxiety will trigger stress and anxiety in your children? As an initial time mother and professional, Ada Perez worried that her anxiety would affect her young child. After years of struggling with constant worry and depression, Ada drew from her inner power, courage, and small-town values to find her North, while conquering her deepest fears. Ada Perez understands all as well well what it feels like to juggle parenting and a specialist career. Stress. Parenting. Faith. When her fairy-tale lifestyle came crashing down after her divorce, she felt like even trying her best had not been enough to succeed at parenting. Whether you are an anxious mother who struggles with stress or are searching for suggestions to ease the stressful environments around your kids, you will relate with Ada's story and study from her experiences as she shares her strategies on how best to:

- Identify stress and anxiety triggers that affect your daily routine
- Obtain suggestions to help you connect to your child at a deeper level
- Enjoy more moments of calm together with your children

The ideal anxiety-relief present for you and your children, *Anxious Mom, Anxious Kid: A Mother's Journey from Panic to Serenity* can be a poignant memoir of self-acceptance, compassion, and unconditional love that each mother can relate with. Ada brings to light true moments in the life of those who have a problem with anxiety. Love.



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I was hooked! A unique reserve: a combination of the author's memoir and her advice & I laughed and I cried. perspective to occupied, stressed, parents who would like to be careful in raising their kids.! Relatable to everyone! I can already observe how my child responds differently and I feel a deeper connection is definitely developing. I recommend this book! It's helpful! Aracelis Perez's publication is a compelling accounts of a single mom trying to enable her kid to grow heartily in an environment that is filled with unforeseeable obstacles.! I highly recommend this reserve! And her sense of humor maintains me reading! She does admit that it's not basic and the reason why for anxiety don't disappear completely, but her suggestions to minimize the result are refreshing and really worth the reading. A Journey Worth Taking What an unbelievable, detailed trip, Ada Perez takes you on in "Anxious Mom, Anxious Child: A Mother's Journey from Anxiety to Serenity. If you are a mom and have a kid you can certainly relate with this publication and feel like you are not the only one. I really like how she also shares tangible tips for managing anxiety and stress in a better way. A great go through for any mom attempting to manage more stress and anxiety than they need to. We am also a working mom of a strong-willed boy and have started to practice some of her ideas.!! The writer is definitely honest and transparent about her struggles with nervousness and other problems, and offers parents thoughtful strategies and tips. Innovative and relatable!!" The realistic photos she shares of her personal experiences and challenges with anxiety are so relatable to so many mothers.! Her attitude is certainly loving and open with answers that simply work in complicated scenarios.! Anxious Mom, Anxious Child is crucial read for moms and/or women suffering from anxiety.! She shares her personal stories and will be offering practical solutions that are in fact easy to perform.! Highly Recommended! However, I feel like everyone can relate since it touches on many different kinds of relationships - husband/wife, mother/child, company/employee, mother/child and family in general.! This reserve gives me hope and true to life coping options to use to my everyday being. It's an easy read and food for thought.



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