



More Than a Conqueror news release

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LICENSED THERAPIST LAURA KUEHN RELEASES BOOK TO HELP CHILDREN BATTLE ANXIETY



RELEASE DATE: May 23, 2023
TRADE HARDCOVER AND Paperback
PAGES: 120
HARDCOVER ISBN: 978-1-64960-487-3
PRICE: \$23.99
PAPERBACK ISBN: 978-1-64960-309-8
PRICE: \$13.99

For immediate release: Many children struggle with worry and anxiety these days, and licensed therapist Laura Kuehn (MSW, LCSW) is focused on helping them know that they are not alone. In her new workbook, *More Than a Conqueror: A Christian Kid's Guide to Winning the War Against Worry* (Ambassador International; May, 2023), Kuehn hopes to provide tools for children and their parents to use together to fight the “Worry Weasels” and remind them that they are stronger than they realize with Christ by their side.

“*More Than a Conqueror* was written to provide you with the insights, structure, and tools necessary to help guide your child through his battle with anxiety,” writes Kuehn. “It is grounded in Scripture and a hope in a God Who heals.”

The book is meant to be worked through by children and parents together and is divided into four sections, which Kuehn says are important to complete in order: “What You Need to Know About Worry,” “Worry and You,” “It’s Time for War,” and “The Enemy Surrenders! You’ve Won!” Each section is designed to help a parent and child work through what is the root of their worry, how to identify possible triggers, what to do to face those fears, and how to be a conqueror.

Of course, Kuehn advises that this book is not meant to replace professional help if needed. “If you find that your child is not responding positively to the tasks in this book or if your child’s anxiety level becomes too difficult for you to manage, please talk to your pediatrician right away or contact a crisis hotline,” advises Kuehn. But even if professional help is needed, Kuehn hopes that this book will provide parents and children with the help they need to conquer their worries and fears once and for all.

About the Author:

Laura lives in Connecticut with her husband, teenage daughter, and young adult son. She became a believer at a Billy Graham Crusade when she was just ten years old and has been on a journey with the Lord ever since. She studied psychology and Christian ministries at Grove City College and went on to receive her Master of Social Work from Southern Connecticut State University. She initially worked for a non-profit clinic providing counseling for children and their families. She then maintained a small private practice until she turned her full attention to homeschooling her children. Along the way, she started www.cornerstonesforparents.com, a place where she can combine some of her favorite things—Scripture, writing, and parenting. She is passionate about connecting the truths of God’s Word to everyday life and helping people see how simultaneously all-powerful and personal God really is. She started writing *More Than a Conqueror* over six years ago, but it sat on the proverbial shelf of her laptop until the 2020 pandemic dusted it off and gave it new life. It is her prayer that children everywhere who struggle with anxiety would know that they are not alone and that God can heal their “what-if,” worry-filled hearts.

To connect with the author or request a review copy of *More Than a Conqueror*, please contact publicity director Susanna Maurer at media@emeraldhouse.com.

ABOUT THE PUBLISHER: Ambassador International was founded in 1980 in Belfast, Northern Ireland and expanded to Greenville, South Carolina in 1995. Ambassador International’s books and materials have been distributed in dozens of countries and are sold worldwide. For more information visit www.ambassador-international.com. You can also follow @AmbassadorIntl on Twitter or check out [Facebook.com/AmbassadorIntl](https://www.facebook.com/AmbassadorIntl).

Suggested Interview Questions for the Author:

1. Who is the intended audience for this book?
2. How is your book different from others that are available?
3. How much parent involvement is expected?
4. What is the history of this manuscript?
5. What is your professional experience?
6. What will kids gain from using this book?
7. How would parents know if they need to buy this book for their child?
8. If a child is hesitant to use this book, how can a parent help?
9. Does your book include any secular therapeutic techniques?
10. What can parents do to help an anxious child?

Endorsements

This wonderful, little book will bless many parents and children as they face the huge challenges of anxiety. It's biblical and practical and gives children exercises that work. In fact, some adults will find the solutions are just what they need to deal with their own challenges!

Dr. Scott Turansky

co-founder of the National Center for Biblical Parenting and co-author of fifteen books, including *Parenting is Heart Work*

This book is an essential resource for parents of children battling worry and anxiety. Laura Kuehn offers practical, action-oriented guidance to help parents and children work together to win the war against worry. I am recommending it every chance I get.

Benjamin Rattray, D.O., MBA, CPE, FAAP

Author of *When All Becomes New: A Doctor's Stories of Life, Love, and Loss*

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LAURA KUEHN

Author of "More Than a Conqueror"



Laura Kuehn is a licensed clinical social worker with experience working with children, families, and parents. She is passionate about the Word of God and its application to everyday life. She is the founder of Cornerstones for Parents, an online resource for Christian parents.

Connect with the Author

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