

The Heart Kingdom

When Anxiety Visits

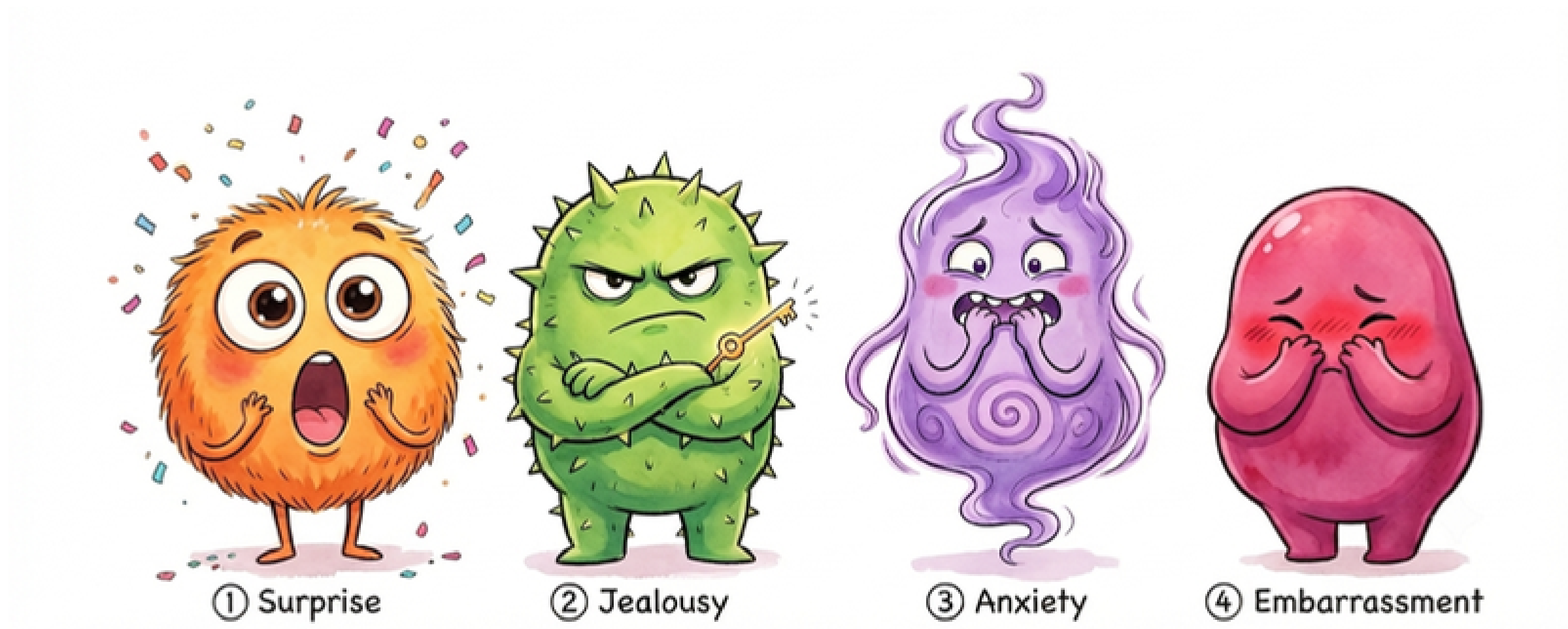


Nel Gamba

The Heart Kingdom

When Anxiety Visits

Nel Gamba



Dedication

For Louie and Ellie,

Papa and Mama love you so much. We hope you grow up healthy in both heart and mind, always knowing just how deeply worthy and loved you are. Embrace exactly who you are, and walk through the world with confidence.

As you discover your incredible worth, our hope is that you grow to understand your emotions—because knowing your own heart will always be your greatest bridge to navigating the big, beautiful world out there.

With all our love, Papa and Mama



This is Ellie. On the outside, she looks like a regular girl sitting on the colorful alphabet rug in her preschool classroom, holding her favorite drawing. But on the inside, Ellie has a magnificent secret. She is a brave and kind Princess who rules over her very own Kingdom of the Heart!



Princess Ellie has a very important rule for her kingdom: "A wise Princess cares for all her creatures, but she must keep her castle safe."