

***You're Strong, Smart, and You Got This: Drawings, Affirmations and Comfort to Help with Anxiety and Depression* by Kate Allan**

This is a little book full of lovely illustrations and kind words to help anyone struggling with their mental health. I've been following author/illustrator Kate Allan for years, as she posts new art with a pep talk every day on her blog and social media accounts (under the moniker The Latest Kate). This book collects some art from her blog along with new illustrations. All of her work is something that I find myself going back to time and time again, because it's all so comforting. She knows just how to say things so that it sounds like her words are coming from your best friend. The illustrations aren't going to cure anyone's depression or anxiety, but they might help someone get through the day. I know they've helped me.

GK