

Poul Nyrup Rasmussen, Prior Primeminister 1993-2001:

The book "Talking about anxiety and depression...with kids and adults of all ages" is a very good tool when you are going to talk about difficult subjects.

"Talk about anxiety and depression...with children and adults of all ages" gives words and pictures to a subject very many people find hard to communicate about – mental vulnerability. The great strength of this book is the linguistic images and the illustrations which make feelings understandable and then you are able to talk about these feelings.

We all want to protect our children against the dark sides of life. Therefore we might have a tendency to try to hide for our kids if we are sad and we go through a difficult period. But children are very wise and sensitive and they know immediately if something worries us.

I hear again and again from people, who have experienced a severe family crisis, that the taboo is the worst. If you can't talk about your father's depression, your mother's suicide attempt, your aunt's Schizophrenia, then all this will grow into something big and incomprehensible in your mind.

Where Karen Glistrup's work shows its strength, is its ability to open up for the dialogue between the adult and the child about feelings. I will strongly recommend "Talk about anxiety and depression...with children and adults of all ages" to everyone, no matter how affected you are of mental disorders in the family. Because every child has a friend who is affected, and everyone of us needs to talk about the hard side of life.



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