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Anxious Charlie to the Rescue

Erica Sonzogni

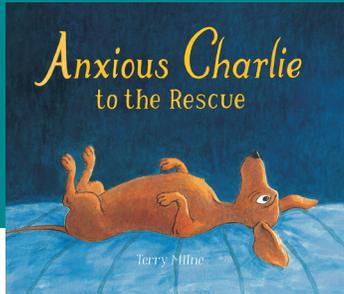
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Book Review

Anxious Charlie to the Rescue

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Illustrator

Terry Milne

Reviewer

Erica Sonzogni

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Rating

Dependable

Level

Primary

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Pages

28

Year

2018

ISBN

9781536209167

Publisher

Candlewick Press

Charlie the Dachshund's life revolves around doing the same rituals to get through the day, needing every task to be perfect, and worrying constantly. He goes to bed thinking that everything turned out okay because of this predictable schedule. One morning, Charlie gets a call that his friend Hans got stuck in a pipe. To help his friend, Charlie must forgo his rituals and focus his efforts on saving Hans. With Charlie and his friends' ingenious thinking, Hans is quickly freed and able to play. That evening, when Charlie reminisces about the day, he realizes that his former routines have not helped him. Instead, Charlie learns that he can handle the unpleasant events that come his way, especially with the help from his friends.

Charlie suffers from anxiety and obsessive-compulsive symptoms. His overthinking is clearly described throughout the story. With limited books that depict characters that suffer with mental disorders, Charlie's story allows young readers a look into these struggles. This focus can build empathy towards friends and family members who suffer from these symptoms. It can also help those with similar tendencies to identify with Charlie as he learns that it does not have to control his life. While the character was relatable, the plot line itself was dull, with a flat conflict and a predictable ending that offers little excitement.