

EMILY EMPATHY

Dr. Nicholas J. Nissen, MD



Illustrated by Gusnia Catherina

for Alice Jane



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This special book belongs to

who is a very kind and caring person.

Emily Empathy rolled out of bed.

"I wonder what's for
breakfast," she said.



Down in the kitchen, Emily's dad blew his nose.

"I feel sick," Dad told Emily, with his nose red and eyes closed.

AH-CHOO!



Emily Empathy put herself in Dad's shoes.

"I can guess what you're feeling because you're giving me clues!"



You must think that making breakfast would be **hard**.

"Maybe you feel **tired**. Is that how you are?"

"Go and lay down, Dad, because you're sick and need rest."

"I can pour myself cereal for breakfast!"



After cleaning the dishes,
Emily said, "Dad, feel better!"

She put on her backpack and grabbed her yellow sweater.

About the Author



Dr. Nicholas J. Nissen, M.D. is an American physician, speaker, and writer. He is the author of multiple peer-reviewed articles as well as non-fiction and children's books. He presents on topics in medicine and mental health and is the host of the Brain Health with Dr. Nissen Podcast: a show that explores how to enhance mental health, sharpen cognition, and optimize performance.

Find out more at www.DrNissen.com