

A portrait of Dr. Lauren Cook, a woman with long, wavy blonde hair, smiling warmly. She is wearing a light-colored top and a pearl earring. The background is white.

*For Your
Show:*

CLINICAL PSYCHOLOGIST

Dr. Lauren Cook

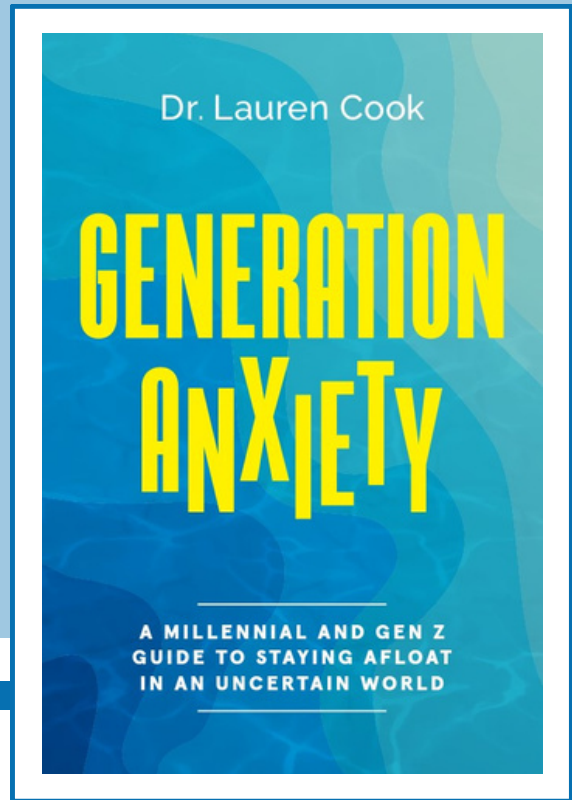
Generation Anxiety

www.drlaurencook.com

Reach out to Kelly Taylor at Kelly@alaketr.com

(305) 499-0695

Coming
this
Fall:



Generation Anxiety:

A Millennial and Gen Z Guide to Staying Afloat in an Uncertain World

From licensed clinical psychologist and TikTok therapist Dr. Lauren Cook, a practical guide aimed at Millennials and Gen Z for tackling anxiety.

Why this book matters for audiences:

Millennials and Gen Z-ers are considered two of the most anxious generations in history, and with many intense generation-specific stressors facing them in recent years—including climate change, political polarization, systemic racism, gun violence, and financial instability—it's easy to see why people are being diagnosed with anxiety at alarming rates.

Launching on September 19, 2023:

- Publisher : Abrams Image
- Language : English
- Hardcover : 272 pages
- ISBN-10 : 1419768018
- ISBN-13 : 978-1419768019
- Item Weight : 1.74 pounds

Who is Dr. Lauren Cook?

Dr. Lauren Cook is a licensed clinical psychologist, keynote speaker, and company consultant. She loves speaking around the country to help create more mentally healthy workplaces and schools. Dr. Cook owns a private practice, Heartship Psychological Services, where she serves individual adults, teens, and couples.



Dr. Cook completed her doctorate in clinical psychology from Pepperdine University and has her master's in marriage and family therapy from the University of Southern California. She has been featured in the New York Times, Forbes, Bustle, and Medium, among other outlets. She currently lives in Los Angeles with her husband, son, and Siamese cat.

If you want to talk about any of the following, bring Dr. Lauren on your show:

- All things anxiety, including how to work through generalized anxiety, panic attacks, social anxiety, separation anxiety, OCD, phobias, body dysmorphia, grief, and more.
- Anxious attachment and how to improve relational anxiety.
- Why Millennials and Gen Zers are more anxious than ever and how the **empowered acceptance approach** can help bring healing.
- Reconnecting with your inner child, especially after trauma has occurred.
- The value of getting your bloodwork done and learning more about the gut-brain connection, especially with how nutritional deficiencies impact anxiety.
- Dr. Lauren getting personal about her own lived experience working through emetophobia (a phobia of vomit) and her fear about becoming a parent. Facing it head on, she shares about her pregnancy anxiety and getting ready to become a mom (baby is due June 1st!)

WHY THIS MATTERS

(Citations from NAMI, 2023)

1 in 6 U.S. youth experiences a mental health condition each year,
and only half of them receive treatment.

50% of all lifetime mental illness begins by age 14, and 75% by age 24.

The average delay between the onset of mental illness symptoms and treatment is
11 years.

40 million Americans experience anxiety, making it the most common mental health
challenge impacting every generation.

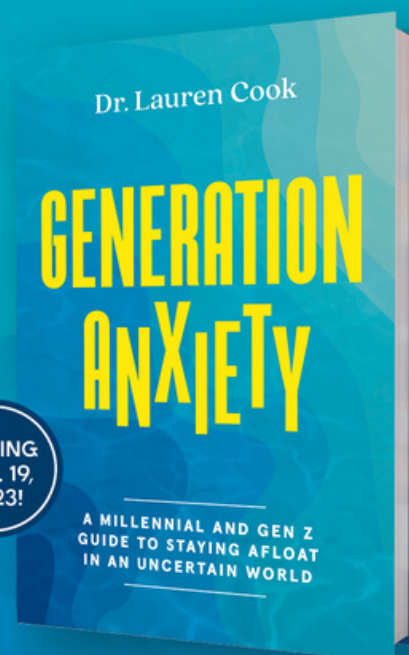
While half of all Americans report that they **feel unsafe at some point every single day**, more than 75% of younger Americans between the ages of 25 to 34 note that they feel nervous about their safety on a daily basis.

More than 77% of Americans say they are not content with the state of mental health treatment in this country. 82% of those with a mental health condition are even more likely to say they are unhappy with mental health treatment.

**ACTIONABLE STEPS TO
HELP RIDE THE WAVES OF
ANXIETY RATHER THAN
CONSTANTLY SWIMMING
AGAINST THEM.**



COMING
SEPT. 19,
2023!





11.8K

FOLLOWERS



240K

FOLLOWERS



500+

TALKS



100+

PRESS ARTICLES
AND MEDIA
APPEARANCES

Press Reel

Dr. Lauren has been featured in among other outlets:

Forbes

BUSTLE

Medium

GREATIST

Parents

Fatherly

Chicago Tribune



BESTLIFE

WELL + GOOD

The Zoe Report

msn



yahoo!/life

sheknows

In the Media

See Dr. Lauren's latest publications and interviews as she frequently appears in:

- On-air TV interviews (both live and pre-recorded)
- Talk shows
- Documentaries
- Radio interviews
- Podcast interviews
- Print and digital articles
- IG and Tik Tok Lives

Why Book Dr. Lauren?

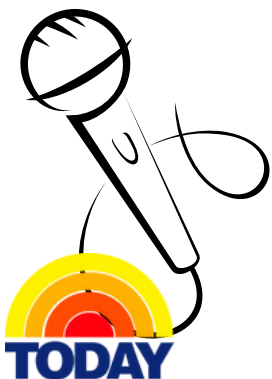


HER BOOK IS ONE OF A KIND. No other book on the market is specifically meant for Millennials and Generation Z readers in a way that validates their anxiety AND motivates them to make changes to feel better. Dr. Lauren identifies WHY these generations are more anxious than ever while also actively naming how we can rectify our situation. By offering easy-to-implement tools, readers will be well-equipped to create change on both individual and generational levels.

LARGE SOCIAL MEDIA AND MEMBERSHIP COMMUNITY. Dr. Lauren Cook has a significant social media with over 250K followers across multiple platforms. She also leads a monthly Brain Health Book Club featuring headlining books in psychology and personal development.



INFLUENTIAL VOICE ON SEVERAL MILLENNIAL AND GENERATION Z-CENTERED HOT TOPICS. Dr. Lauren Cook offers a powerful yet empathetic voice as a clinical psychologist, speaker, writer, and social media influencer, honing in on topics such as people-pleasing, anxious attachment, hustle culture, perfectionism, burnout, high-achieving anxiety and other mental health issues that viewers and listeners are craving to learn more about.



CORPORATE KEYNOTE SPEAKER WITH EXTENSIVE ON-CAMERA AND PRINT NATIONAL MEDIA EXPOSURE. Dr. Lauren Cook frequently speaks with both corporate and university clients, including Salesforce, 23andMe, Hasbro, and Boston Scientific among others. She has also been featured in major media outlets such as the Today Show, New York Times, CNN, Chicago Tribune, Parents, and Fast Company among others.

Generation Anxiety
[On Amazon](#)

Key Links



[Dr. Lauren's Website](#)
[Boardroom Brain Podcast](#)
[Brain Health Book Club](#)

Endorsements



"This book is a breath of fresh and healing air for a lot of overwhelmed and exhausted people. Dr. Lauren Cook taps into the anxiety that so many are feeling right now and offers practical tips for overcoming it. Not just vague platitudes, but science-based advice that just might help readers feel better and more capable of handling the pressures of modern life." - **Celeste Headlee**, journalist and author of *We Need to Talk* (Harper Wave, 2017), *Do Nothing* (Harmony, 2020), and *Speaking of Race* (Harper Wave, 2021).

"One of the worst things about anxiety is that it robs you of the present moment. With all of the things that compete for our attention today, I'm grateful that there are books like this one to help us navigate anxiety. Thank you, Dr. Cook!" - **Dr. Kojo**, Hollywood Mental Health Expert, Actor, Comedian, & Writer *Late Night w/ Dr. Kojo*



"Dr. Lauren's book is a must read for Millennials and Gen-Zers who are feeling overwhelmed with all life is throwing at them and who are seeking a source of hope, empowerment, and a thoughtful action plan to build self-confidence and achieve positive outcomes in their life." - **Dr. Judy Ho**, clinical and forensic neuropsychologist, tenured professor, and author of *Stop Self-Sabotage* (Harper Wave, 2019)

"Lauren is touching on something very real and growing among Millennials and Gen Z. Her advice is consistently relatable, actionable, and research-backed." - **Michael Easter**, author of *The Comfort Crisis* (Rodale, 2021)

