



How Zac Got His Z's: A Guide to Getting Rid of Nightmares

Kerri Golding Oransky

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“How Zac Got His Z’s: A Guide to Getting Rid of Nightmares” is a simple, three step guide to solving nightmare issues. This book is based on an approach that child psychotherapist Kerri Golding Oransky, LCSW has used for the past 15 years with children who have trouble sleeping. Her husband, graphic artist Jason Oransky, contributed the fun and engaging illustrations. In “How Zac Got His Z’s”, a boy learns how to conquer his bad dreams. Through fun rhymes and engaging illustrations, your child will learn how to get rid of his nightmares just like Zachary does.

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