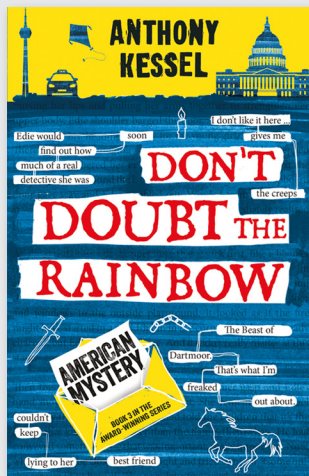


P R E S S R E L E A S E



American Mystery (Don't Doubt the Rainbow 3)

By Anthony Kessel

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The third in the four-book *Don't Doubt the Rainbow* series, *American Mystery*, is a fast-paced YA thriller in which teen detective Edie Marble uncovers a long-buried family secret that only she can be relied upon solve.

NHS Professor's new novel, *American Mystery*, offers creative way to address the youth mental health crisis

Crown House Publishing is proud to announce the release of *American Mystery*, the third instalment of the award-winning *Don't Doubt the Rainbow* Series by Professor Anthony Kessel. This fast-paced thriller finds teen detective Edie uncovering a long-buried family secret that only she can be relied upon to solve. It leads her on an exciting global adventure, from Toronto to Washington DC to the Outer Banks of North Carolina, then closer to home on the windswept moorlands of Dartmoor. Along the way, she uses valuable tools that support her mental wellbeing and discovers that even the most complex problems can be solved when you're resilient and thinking clearly.

Anthony Kessel is senior NHS public health physician, whose position has made him acutely aware of the mental health crisis affecting children and young adults. Written for middle-grade and early teen readers, the series was born from Anthony's desire to address this crisis in a new and creative way. It harnesses his professional expertise and understanding to educate young readers about their innate mental wellbeing. In each book we see 13-year-old protagonist Edie Marble using new approaches to understanding how the mind works which is currently proving invaluable in improving mental health and wellbeing in children internationally.

Throughout both the book and the series, Anthony explores how things are not always what they seem – how our 'thinking' often represents our imagined reality rather than what is necessarily true – and examines the nature of the link between thoughts and feelings. In so doing he gives readers the tools they need to understand their thoughts and emotions better and to connect with their inner wellbeing so that they can live happier, more fulfilled lives.

We often see worrying data concerning the decline in young people's mental wellbeing in new research and news reports, and it seems to be reaching a critical level. NHS research shows that in 2023 around 1 in 5 children and young people aged 8 to 25 years had a probable mental health disorder - a rise from 1 in 6 in 2021.¹ "Alarm bells are ringing," says Mark Russell, the chief executive of the Children's Society. "UK teenagers are facing a happiness recession."² These alarming statistics underscore the urgent need to address the crisis in children's mental health. Experts are now increasingly placing importance on taking preventative measures, such as educating young people on how best to support their mental wellbeing and build their emotional resilience.

Parents, guardians and teachers of teenagers are more aware than ever of the importance of good mental health, yet addressing the subject can seem a daunting task. The *Don't Doubt the Rainbow* series offers a compelling yet subtle way to introduce children to this topic, using a proven approach in a pioneering way. Overall, *American Mystery* promises an engaging and exciting read for middle-grade and early teen readers that will give them the

1 'Mental Health of Children and Young People in England', NHS England, 2023, Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2023-wave-4-follow-up#>, and 'Mental Health of Children and Young People in England', NHS England, 2021, Available at: <https://digital.nhs.uk/data-and-information/publications/statistical/mental-health-of-children-and-young-people-in-england/2021-follow-up-to-the-2017-survey>

2 Mark Russell, qtd in Robert Booth, "Happiness recession": UK 15-year-olds at bottom of European satisfaction league', *The Guardian*, 2024, Available at: <https://www.theguardian.com/society/article/2024/aug/29/uk-teenagers-low-life-satisfaction-europe>

P R E S S R E L E A S E

tools to support their mental health and emotional resilience, ultimately allowing them to thrive in our complex modern world.

Suitable for readers aged 11+.

"In Edie, Anthony has established a unique character full of adventure, charm, courage, insight, and potential. Her capacity to self-reflect on her own psychological workings will no doubt serve as a rich source of inspiration, curiosity and learning for young people throughout this excellent series."

Brian Rubenstein, CEO of iheart and author of *Escaping the Illusion*

"Written with professional insight into wellbeing and the mental health impacts of grief, this is a murder mystery to open hearts and minds. Edie Marble is the lie-busting heroine we need now more than ever!"

Sita Brahmachari, author of *Kite Spirit*

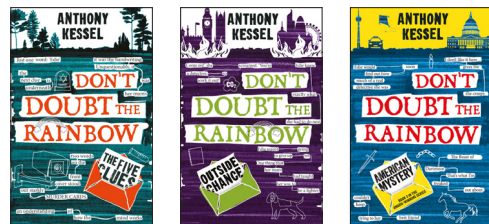
"Helps to recognise that as humans we can experience painful emotions and how we can tap into our inner resources in order to manage and cope with difficulties we may encounter."

Dr Sunil Lad, Consultant Counselling Psychologist and Yoga Teacher

About the author



Anthony Kessel is a public health physician, academic and author. He is currently Deputy National Medical Director at NHS England and previously worked as Director of Global Public Health at Public Health England. Anthony is an Honorary Professor at the London School of Hygiene & Tropical Medicine. Anthony is also author of the Don't Doubt the Rainbow books, an award-winning detective-adventure series:



Articles and interviews available

Anthony is available for interview, expert comment or by-lined articles on a range of topics, such as:

- What steps can we take to alleviate the youth mental health crisis?
- What is innate mental wellbeing and how can we introduce the concept to children and young people?
- In what ways does the Don't Doubt the Rainbow series educate young readers about their mental wellbeing?
- Why is it important to address complex and sensitive topics like mental health in creative, engaging and accessible ways?

Scan to learn more:

