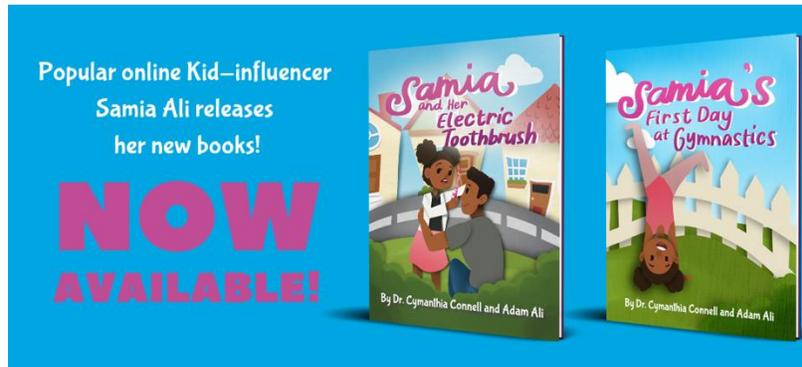


## 5-Year-Old Social Media Star Samia Ali Features in Two Books on Overcoming Fear and Dental Hygiene



***Samia Ali reveals in two new books how she overcame her fears at gymnastics class and the importance of dental hygiene for children.***

The immensely popular YouTube star [Samia Ali](#) is growing up and her new learnings and adventures are chronicled in two recent books written by [Adam Ali](#) and [Dr. Cymanthia Connell](#). To be launched on May 29, 2020, the books focus on how children can cope with overcoming the fear of a new activity while the second book explores the importance of dental hygiene.

“[Samia's First Day at Gymnastics](#)” is aimed at parents and caregivers who will teach their children a way to cope with fear, anxiety, and stressful environments. Fear is natural and Samia too felt it, but she overcame her stress with the help of a great technique described in the book. The integrative medicine approved technique helped her calm down and created the right state of mind to get her to charge forward positively. The book is beautifully illustrated and carries age-appropriate lessons and messages for improving children’s self-esteem so that they can face tough situations with confidence.

“[Samia and Her Electric Toothbrush](#)” is a fun story about Samia’s pink electric toothbrush, and imparts some important dental hygiene messages in an age-appropriate way. The illustrated story shows how brushing teeth can be made fun for children. The book is educational and co-authored by a doctor. The book will also introduce children to new vocabulary, teaching terms like ‘gingivitis’ in a fun manner.

Samia Ali has an incredible following on social media, with over 200K subscribers on YouTube and over 143K followers on Instagram. Samia has also been featured in the ‘[New York Times](#)’. Her parents, Adam and LaToya Ali, are also Social Media influencers who began chronicling Samia’s life from birth in 2014.

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Adam Ali tells visual stories as a full-time video creator based in Toronto and Atlanta. He has co-authored the two books based on Samia's life to impart practical lessons to all children. Samia's love for reading inspired him to write the books with her as the main character.

Dr. Cymanthia Connell is a board-certified family doctor born and raised in Montreal, Canada. She is affectionately referred to as "Doctor Cyam" by her family and "Auntie Cyam" by the younger ones, including Samia. She is currently practicing Family and Integrative Medicine in the Greater Atlanta Area in Georgia.

**Learn more about Samia and these two new book releases.**

More info: [www.Samiaslife.com/books](http://www.Samiaslife.com/books)

On YouTube: [www.youtube.com/samiaslife](http://www.youtube.com/samiaslife)

Stay up to date with Dr. Cyam by visiting: [www.drcyam.com](http://www.drcyam.com)

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