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By [Brandi Hitt](#)

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FOUNTAIN VALLEY, Calif. (KABC) --

This week's ABC7 Cool Kid is Alyssa Simmons, who wrote a book to help sick children cope with hospitals.

The Laguna Hills High School student was born with sickle cell anemia and said she knows what it's like

to be in the hospital.

"I know what it's like to be in the hospital and feel alone and feel like you have no one to talk to or everyone's forgetting about you," Alyssa said.

Alyssa wrote "Life Behind the Books," which details her own personal, even sometimes painful experiences in the hospital.

She hopes the book can help other children coping with similar issues.

"To heal people, to help their problems and for them really to know that there's someone out there that's going through the same things that they might go through. The same conflicts and the same obstacles," Alyssa explained.

The honors student also donates custom blankets, toys and volunteers to tutor children hospitalized for a week so that they don't fall behind in school.

An advocate now for younger patients, Alyssa hopes her work will also inspire others to give back.

"It makes you feel better and just know that you're helping people," she said.

Know an amazing young person making a difference in the community? [Learn how to nominate them to be an ABC7 Cool Kid at abc7.com/coolkids.](#)

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