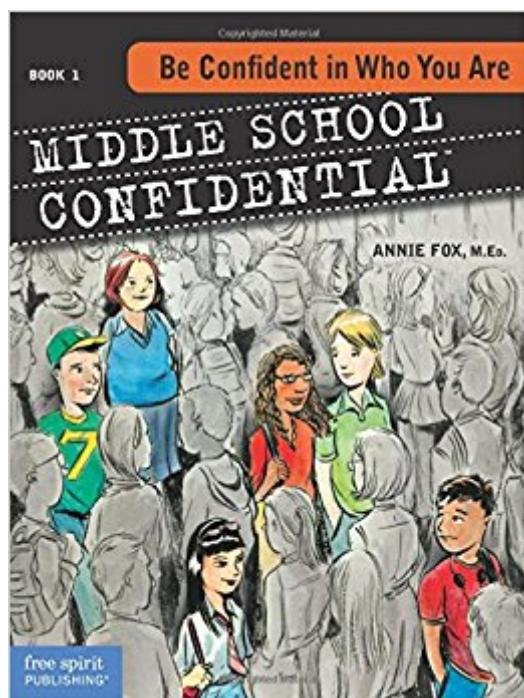


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# Be Confident In Who You Are (Middle School Confidential Series) (Bk. 1)



## Synopsis

“Hey. We go to Milldale Middle School. We’re very different in lots of ways, but we’re all good friends. A couple months ago, we were just hanging out when these kids came over . . .” So begins the journey of Jack, Jen, Chris, Abby, Mateo, and Michelle—six students just trying to figure it all out in middle school. *Be Confident in Who You Are*, the first book in the new *Middle School Confidential* series, follows these characters as they work to meet new challenges and survive the social scene without losing sight of who they are. The book offers insider information on common middle school concerns and practical advice for being healthy, feeling good about who you are, and staying in control of your feelings and actions—even when the pressure is on. Filled with character narratives, quizzes, quotes from real kids, tips, tools, and resources, this book is a timely and engaging survival guide for the middle school years.

## Book Information

Paperback: 96 pages

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Language: English

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Average Customer Review: 4.1 out of 5 stars 18 customer reviews

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## Customer Reviews

Grade 5—“Jack, Jen, Chris, Abby, Mateo, and Michelle are just your average kids trying to figure out how to get through adolescence. Mateo is picked on because of his height. Abby has weight issues. Michelle has angry outbursts. And they all suffer from the “opinionator”—the inner critic that pops up at inopportune times to make them feel bad about themselves and their abilities. As the teens push through the fog that can be middle school, they help each other to gain confidence. The six start to take a stand against negative voices—internal and external—and stop defining themselves by others’ opinions. The

book contains quizzes, is chock-full of helpful hints, and lists other resources to help readers increase their self-esteem. Kindt's cartoons include several great panels that move the teens' story forward. The graphic-novel-like design will make this self-help tool stand out and appeal to fans of that format. •Elaine Baran Black, Georgia Public Library Service, Atlanta Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

“In a friendly, engaging voice, the text provides the reader with a safe place to ask and wonder about those tough middle school questions. •Once Upon a Book“Be Confident in Who You Are gives parents the gift of opening a dialog with their middle school children on the issues they face. While Annie Fox writes to children in their language, parents are reminded of how stressful these times can be. Skip the next movie and read this book with your kids instead. •Tina Nocera, founder, Parental Wisdom“Chock-full of helpful hints...lists resources to help readers increase their self-esteem. The graphic-novel-like design will make this self-help tool stand out and appeal to fans of that format. •School Library Journal“A practical and fun resource for tweens making the adjustment from elementary to middle school. •Jennifer O'Donnell, About.com.“Smart and funny and real, these tips and tools will help you deal with real life issues. I wish I had this book when I was in middle school. •Ericka Lutz, author of The Complete Idiot's Guide to Friendship for Teens“Fox has done a marvelous job of reading tween girls' minds. •ParentingPink.comLearning and Laughter Favorite Educational Product Award WinnerKidlutions Preferred Product Award (PPA)

Everything I expected it to be for our soon-to-be middle schooler who has had a hard time fitting in at school. Fun, thoughtful, imaginative anecdotes and pictures that depict many commonly occurring scenarios our kids encounter in school, and potential good and bad ways to react to them. Just like a picture speaks a thousand words, this book will have a better impact than a dozen morale boosting talks you could have with your child. Don't stop those talks, just supplement them with books like this one as a tool!

Review: Really great book. Every time you read it you learn anew tip. It never gets old5 starsWritten by the 11 year old it was bought for

My brother is 14 year old. He said this book is too young for him, but I hope it could help him a bit at least.

some good advice without being preachy. Always nice to have something to refer back too. She enjoyed it right away.

I chose this rating because nothing is perfect. This book was very helpful for kids who have stress and need confidence . I highly recommend this book for ages 10 on up :)

My son really enjoyed it. It helped give him the confidence he needed. I highly recommend this book. It was perfect

Our middle schooler loved this book and reassured him about a lot of things in middle school. The book arrived promptly and was in new condition. We would order form this vendor again!

I have 2 boys and they have already both read the book! I will have another one to read that!

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