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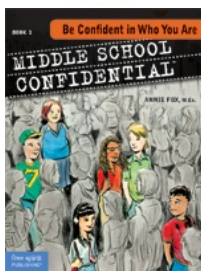
www.freespirit.com

Contact

Elena Meredith

612.746.6848

meredith@freespirit.com



BE CONFIDENT IN WHO YOU ARE

Book 1 in the
Middle School
Confidential™ series
by
Annie Fox, M.Ed.

“Be Confident in Who You Are is smart and funny and real. The tips and tools will help teens deal with real issues: popularity, body image, peer pressure, anger, confusion, stress, loving yourself, and gaining confidence. I wish I’d read this book when I was in middle school!”

—Ericka Lutz, author
of *The Complete Idiot’s
Guide to Friendship for
Teens*

How to Survive Middle School (Relatively) Unscathed

Minneapolis, MN—The pressure to win peer approval can cause middle school students to lose sight of what’s right. In doing whatever it takes to become popular, kids sometimes make thoughtless decisions that hurt themselves and others. As a result, they wind up feeling unhappy, confused, or stressed.

Popular author and online tween and teen advisor Annie Fox, M.Ed. (aka Hey Terra! at www.anniefox.com) names the phenomenon “peer approval addiction” and her new book, **BE CONFIDENT IN WHO YOU ARE** (\$9.95, Free Spirit Publishing), gives kids the tools they need to “take back their power” once and for all.

“The problems kids write to me about are caused, in great measure, by an inability to recognize their own personal power. They’re confused and unable to say, simply and clearly, “This is who I am. These are my values. These are my standards for my own behavior,”” said Fox. “Once they can do that, the next logical step is to say, “This is what I deserve from my friends: mutual respect, trust, honesty, open communication, conscious choice-making.””

Part graphic novel, part practical life skills, **BE CONFIDENT IN WHO YOU ARE** is the first book in the Middle School Confidential™ series. It follows a tight-knit group of fictional seventh graders—Jen, Jack, Michelle, Chris, Mateo, and Abby—as they navigate the hazards of middle school and rely on each other for support and reality checks.

Interspersed throughout the book are quotes from real kids (topics include: My Body Beef, I Get Teased, I’m Okay with the Way I Am, Why I Care What Other People Think, and Here’s Where I Draw the Line), and listings of online and real-world resources for teens.

Hailed by reviewers as a “rare book that speaks directly to teenagers without ever condescending,” a “work of genius that helps middle school kids and their families with their emotions,” and a book with student dialogue that is “very true-to-life,” **BE CONFIDENT IN WHO YOU ARE** offers middle schoolers helpful, realistic advice on how to:

- Deal with teasing or bullying about appearance, grades, hobbies, and interests.
- Counteract feelings of inadequacy brought on by advertising and judgmental peers.
- Stand up for beliefs and stop worrying about what others think.
- Ignore the negative voice within (The Opinionator) when it says you’re not popular enough, cool enough, smart enough, or thin enough.
- Understand and control changing moods.

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For
Immediate
Release!

BE CONFIDENT IN WHO YOU ARE
Book 1 in the Middle School Confidential™ series

by Annie Fox, M.Ed.

ISBN 978-1-57542-302-9 ● \$9.95 ● softcover ● 96 pp. ● color illust. ● 6" x 8"
● for ages 11–14

About the Author



Annie Fox, M.Ed., graduated from Cornell University with a degree in Human Development and Family Studies and completed her master's in Education at the State University of New York at Cortland. After a few years teaching in the classroom, computers changed her life and she began to explore how technology could be used to empower teens.

Annie has since contributed to many online projects, including as creator, designer, and writer for the The InSite—a Web site for teens taking on life's challenges. She also answers questions for the Hey Terra! feature as an online adviser for teens. Her Internet work (www.anniefox.com) has contributed to the publication of multiple books, including *Too Stressed to Think?* and the Middle School Confidential series. Annie also is available for public speaking engagements and workshop presentations on teen and parenting issues.

When not answering Hey Terra! letters, Annie enjoys yoga, meditation, cooking, hiking, traveling, and, most of all, spending time in California, where she lives with her husband, David, and the rest of her family.

About the Illustrator



Matt Kindt was born in 1973 to a pair of artistically supportive parents. Living briefly in New York, Matt has spent most of his years in the Midwest, and the last 15 years in Webster Groves, Missouri, a suburb of St. Louis. In middle school, he would often create mini-comics featuring the teachers, to the delight of his fellow classmates. Matt is the Harvey Award–winning writer and artist of the graphic novels *Super Spy* and *2 Sisters* and co-creator of the Pistolwhip series. He has been nominated for four Eisner and three Harvey Awards. In addition to graphic novels, Matt also works as a freelance illustrator and graphic designer. When he is not working, Matt enjoys long trips to the playground with his wife and daughter.



About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social & emotional needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social and emotional health. Free Spirit's mission is to help children and teens to think for themselves, succeed in life, and make a difference in the world.