

free spirit

PUBLISHING®



Meeting kids' social & emotional needs since 1983

[www.freespirit.com](http://www.freespirit.com)

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**Hands Are Not for Hitting**  
**Las manos no son para pegar**  
by Martine Agassi, Ph.D.



**Words Are Not for Hurting**  
**Las palabras no son para lastimar**  
by Elizabeth Verdick

All four books are illustrated by Marieka Heinlen

## Favorite Best Behavior™ Books Now in English-Spanish Versions

Minneapolis, MN—Two popular, award-winning Free Spirit books for children are now available in English-Spanish bilingual editions, both in board book style for younger children and paperback for older kids. Illustrated by Marieka Heinlen, **Hands Are Not for Hitting/Las manos no son para pegar** by Martine Agassi, Ph.D., and **Words Are Not for Hurting/Las palabras no son para lastimar** by Elizabeth Verdick teach children to make positive choices when it comes to interacting with others.

**Hands Are Not for Hitting/Las manos no son para pegar** (Free Spirit Publishing, \$7.95 board book, \$11.95 softcover) helps kids consider all the positive things they can do with their hands and lets them know that hitting—or pushing or pinching—are never okay, for adults or for themselves. These straightforward books, written by a behavioral therapist, encourage children to take those first steps to feeling empathy, solving problems, controlling negative impulses, and coping with intense feelings like anger and jealousy.

**Words Are Not for Hurting/Las palabras no son para lastimar** (Free Spirit Publishing, \$7.95 board book, \$11.95 softcover) gives clear examples of the different ways children can use their words—to whisper, to cheer, or to say kind things—and helps them recognize hurtful words and how they make others feel. Kids also learn two very powerful words that go a long way when feelings have been hurt: “I’m sorry.”

Marieka Heinlen’s bright, vibrant illustrations—featuring a variety of children engaged in everyday activities—complement the gentle, encouraging text that never talks down to young readers. A section for adults at the back of each book, also in both languages, provides tips and practical advice on helping children identify and deal with strong emotions; activity ideas ideal for home, school, or childcare settings; and suggestions for redirecting feelings like anger and frustration into positive actions.

**Hands Are Not for Hitting** and **Words Are Not for Hurting** in English-Spanish are the latest additions to Free Spirit’s well-loved Best Behavior series. Books in the series have received awards from Dr. Toy, Oppenheim Toy Portfolio, *Creative Child* magazine, iParenting Media, Parents’ Choice, The National Parenting Center, and more.



Excerpts and interviews are available through Free Spirit Publishing.  
Contact Jenni Bowring, 612.746.6848, [bowring@freespirit.com](mailto:bowring@freespirit.com)

For Immediate Release!

**Words Are Not for Hurting**  
**Las palabras no son para lastimar**

by Elizabeth Verdick,  
illustrated by  
Marieka Heinlen

- softcover ISBN 978-1-57542-312-8
- \$11.95 ● 40 pp. ● color illust. ● 9" x 9"
  - for ages 4–7
- board book ISBN 978-1-57542-311-1
- \$7.95 ● 24 pp. ● color illust. ● 7" x 7"
  - for ages baby–preschool

**Hands Are Not for Hitting**  
**Las manos no son para pegar**

by Martine Agassi, Ph.D.,  
illustrated by  
Marieka Heinlen

- softcover ISBN 978-1-57542-310-4
- \$11.95 ● 40 pp. ● color illust. ● 9" x 9"
  - for ages 4–7
- board book ISBN 978-1-57542-309-8
- \$7.95 ● 24 pp. ● color illust. ● 7" x 7"
  - for ages baby–preschool



**About the Authors**

Martine Agassi, Ph.D., is an award-winning children's book author and creator of *Hands Are Not for Hitting*, the first in Free Spirit Publishing's Best Behavior series. As a behavioral therapist, she has extensive experience with counseling children and families in schools, residential facilities, foster care, and private practice. She has led workshops and group counseling in communications skills, parenting, drug and child abuse prevention, divorce, and self-esteem. Martine, her husband, and their daughter live in Las Vegas, Nevada.



Elizabeth Verdick is the author of more than 30 highly acclaimed books for children and teenagers, including books in the Toddler Tools™ board book series, the Best Behavior series for young children, and the Laugh & Learn™ series for preteens. Her most recent titles include *Pacifiers Are Not Forever* and *See You Later, Procrastinator!* (with Pamela Espeland). Elizabeth lives with her husband, daughter, son, and five pets near St. Paul, Minnesota.



**About the Illustrator**

Marieka Heinlen received her BFA at the University of Wisconsin, Madison, and also studied at Central Saint Martins College of Art and Design in London. She launched her career as a children's book illustrator with the award-winning *Hands Are Not for Hitting*. As a freelance illustrator and designer, Marieka focuses her work on books and other materials for children, teens, parents, and teachers. She lives in St. Paul, Minnesota, with her husband and son.

**About Free Spirit Publishing ([www.freespirit.com](http://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.