



**For  
Immediate  
Release!**

## **The Essential Guide to Growing Up Gifted, Now Revised and Updated**

***Praise for The Gifted Kids' Survival Guide  
(Revised & Updated 3<sup>rd</sup> Edition):***

*"This book is absolutely essential reading for all gifted kids and their families."  
—Thomas S. Greenspon, Ph.D., psychologist and author of What to Do When Good  
Enough Isn't Good Enough*

*"Its visually appealing format invites kids and parents to read and discuss the book  
together...the thoughtful approach encourages kids to ponder their capabilities and  
concerns and develop personal responses."—Bertie Kingore, Ph.D., international gifted  
education consultant and author*

*"Excellent and clearly written. This book will help gifted children understand themselves  
and learn how to relate to others. I highly recommend it."—James T. Webb, Ph.D.,  
clinical psychologist and lead author of A Parent's Guide to Gifted Children*

Minneapolis, MN—Being a young gifted student in today's world is different in many ways from 20-plus years ago when **THE GIFTED KIDS' SURVIVAL GUIDE: FOR AGES 10 & UNDER** was first published. Programs to support gifted students are more established, more comprehensive, and more accepted in many schools. The super-smart founders of companies like Microsoft, Google, and The Geek Squad have helped make it cool to be smart. And recent survey results show that fewer elementary-age gifted kids report being teased than in years prior.

While being GT (gifted and talented) may be easier in some respects now than in the past, that doesn't mean gifted children have it easy. That's why Judy Galbraith, M.A., first wrote and has now fully updated **THE GIFTED KIDS' SURVIVAL GUIDE: FOR AGES 10 & UNDER** (Revised & Updated 3<sup>rd</sup> Edition, \$12.99, Free Spirit Publishing).

The National Association for Gifted Children (NAGC) estimates there are approximately 3 million gifted kids in kindergarten through twelfth grade in the United States. What does gifted or high potential mean to them? Do they have questions about giftedness? What kinds of problems do they have with friends and family? Do they have the opportunity to work ahead in school? Galbraith recently surveyed 1,000 GT kids to find out the answers to these and other questions, and put her findings into her new book. Here's what a few of these boys and girls had to say about what being gifted means:

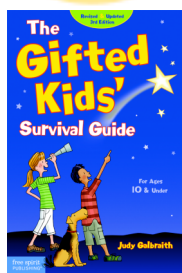
- "Being able to see things in a way others can't."—Lexi, age 9
- "People expect more of me."—Duncan, age 9
- "It means I never stop asking questions."—Devorah, age 9
- "It means not just knowing the answer, but thinking about why it's that way."  
—Max, age 10

"It is my hope that **THE GIFTED KIDS' SURVIVAL GUIDE** will help kids make sense of some of the puzzling, amazing, and stressful challenges they face as a GT," says Galbraith.

—more—

### **Contact**

Jenni Bowring  
612.746.6848  
bowring@freespirit.com



**THE GIFTED KIDS'  
SURVIVAL GUIDE:  
FOR AGES 10 & UNDER  
(REVISED & UPDATED  
3<sup>RD</sup> EDITION)**  
by  
Judy Galbraith, M.A.

*"Where do you turn when no one knows the answers to your most secret and baffling questions about being gifted? The Gifted Kids' Survival Guide: For Ages 10 & Under by Judy Galbraith has the answers in words that make sense."*

*—Barbara Clark, Ph.D.,  
Professor Emeritus, California  
State University, Los Angeles,  
and author of Growing Up  
Gifted*

“When they know more about who they are, which includes their giftedness, they feel better about themselves and report more confidence.”

**THE GIFTED KIDS’ SURVIVAL GUIDE** covers the social and emotional challenges GT kids face and offers solid advice, encouragement, suggestions for self-directed learning opportunities, quotes from gifted kids, and self-advocacy techniques to try both at home and at school. For example, sections include:

- 5 Things GTs Need to Succeed
- 8 Great Gripes of GT Kids
- 8 Big Benefits of Being GT
- 8 Ways to Make Regular School More Cool
- Whiz Quiz: Are You a Perfectionist?

With **THE GIFTED KIDS’ SURVIVAL GUIDE**, Galbraith has provided a much needed, up-to-date resource for children, parents, teachers, and other advocates for gifted kids everywhere. This practical guide offers young gifted children the support and encouragement they’re looking for.

**The Gifted Kids’ Survival Guide  
For Ages 10 & Under  
(Revised & Updated 3<sup>rd</sup> Edition)**

by Judy Galbraith, M.A.

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two-color, illust. • for ages 10 & under

**About the Author**

Judy Galbraith, M.A., has a master’s degree in guidance and counseling of the gifted and worked on behalf of gifted youth, their parents, and their teachers for many years. In 1983, she started Free Spirit Publishing, which specializes in SELF-HELP FOR KIDS® and SELF-HELP FOR TEENS®.

Judy is the author of *You Know Your Child Is Gifted When . . .*, coauthor of *The Gifted Kids’ Survival Guide: A Teen Handbook* and *When Gifted Kids Don’t Have All the Answers* (with Jim Delisle, Ph.D.), and coauthor of *What Kids Need to Succeed: Proven, Practical Ways to Raise Good Kids* and *What Teens Need to Succeed: Proven, Practical Ways to Shape Your Own Future* (with Peter L. Benson, Ph.D., and Pamela Espeland).

Judy lives with her partner Gary in Minneapolis, Minnesota, and their dogs Chloe and Sally.



**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 think for themselves, succeed in life, and make a difference in the world.