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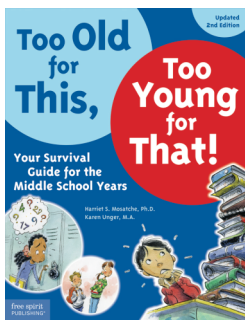


Meeting kids' social,
emotional & educational
needs since 1983

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TOO OLD FOR THIS, TOO YOUNG FOR THAT!

by

Harriet S. Mosatche, Ph.D.,
and Karen Unger, M.A.

Awards for the first edition:

**Winner, Parenting
Resources, National
Association of Parenting
Publications of America**

**A Parent Council
Selection**

**Recommended by
Parents' Choice**

**Read, America!
Selection**

The Classic Survival Guide for the Middle School Years, Now Updated

**For
Immediate
Release!**

Praise for the first edition:

“A comprehensive guide offering information and advice to help ease the transition from childhood to adolescence.”

—*Booklist*

“An informative and delightful guide through these turbulent days.”

—*Voice of Youth Advocates*

Minneapolis, Minnesota—Cliques, crushes, and new school jitters. Acne, puberty, training bras, and jock straps. Different teachers, different rules, different classmates, and less than three minutes to hit the bathroom, remember your locker combination, and get to your next class. More homework, more freedom—and more pressure. With bodies changing at lightning speed and school suddenly full of new responsibilities, choices, and expectations, the middle school years can be a handful for even the most together kid. **TOO OLD FOR THIS, TOO YOUNG FOR THAT! YOUR SURVIVAL GUIDE FOR THE MIDDLE SCHOOL YEARS (UPDATED 2ND EDITION)** written by Harriet S. Mosatche, Ph.D., and Karen Unger, M.A. (Free Spirit Publishing, \$15.99), is a step-by-step handbook that helps tweens ages 10–14 navigate these exciting, tumultuous “middle” years.

Now updated, **TOO OLD FOR THIS, TOO YOUNG FOR THAT!** explains the multitude of physical and emotional changes and social and academic challenges that all middle school students experience. From managing the mortifications of changing for gym, to coping with a mouthful of braces or a cracking voice, to putting a lid on test stress and juggling multiple teachers, **TOO OLD FOR THIS, TOO YOUNG FOR THAT!** reassures tween readers that the confusing, weird, and sometimes gross things they experience are not only normal, they're happening to everyone else, too.

Using real-kid quotes, quizzes, lists, and cartoons, the authors have organized their book around seven middle school survival tips—each with its own chapter of helpful information, strategies, anecdotes, and print and online resources. This updated edition also includes advice for managing new technologies so prevalent in kids' lives today.

“Middle school can be a really terrific time in your life, but it has its rough moments, too,” according to Mosatche and Unger. “We wrote this book to help tweens and teens overcome these challenges and make the middle school years the best they can be. Our entire careers have involved helping kids handle the changes that come with getting older. Over the years, students have shared with us their experiences, feelings, problems, mistakes, successes, and dreams. Our book brings together what we have learned, and now we hope it will help you navigate the challenges of middle school.”

Positive, frank, and solution-focused, **TOO OLD FOR THIS, TOO YOUNG FOR THAT!** is essential reading for both boys and girls “stuck” in the middle years between childhood and teendom—and welcome relief for the adults trying to understand and support them.

TOO OLD FOR THIS, TOO YOUNG FOR THAT!
YOUR SURVIVAL GUIDE FOR THE MIDDLE SCHOOL YEARS
(UPDATED 2ND EDITION)

ISBN 978-1-57542-352-4 ● \$15.99 ● Softcover ● 192 pp.
● two-color, illust. ● 7" x 9" ● for ages 10–14

About the Authors

Harriet S. Mosatche, Ph.D., is an award-winning author of books for young people. As president of the Mosatche Group (www.mosatchegroup.com), she provides program development and evaluation support to community and national organizations. Formerly director of program development for the Girl Scouts of the USA, Harriet also appears on television and radio and in magazines and newspapers to provide advice for tweens and teens. She lives in New Rochelle, New York, with her husband.

Karen Unger, M.A., is a writer and editor of books for young people. She also publishes articles on parenting and family issues online and in newspapers and magazines. While working for the Girl Scouts of the USA, Karen produced resources on important topics for girls and young women. Currently a writer for a private school, Karen lives with her family in New York.



About Free Spirit Publishing (www.freespirit.com)

Meeting kids' social, emotional, and educational needs since 1983

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