



# Being Me: A Kid's Guide to Boosting Confidence and Self-esteem

*Wendy L., Ph.D. Moss*

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Do you like being you? Do you have confidence in yourself? Do you believe that there are kids who can like you for who you are and want to hang out with you? If you answered 'no' to any of these questions, how about turning those no's into know-how? Being Me is loaded with tips and advice for taking on everyday challenges and for building up your confidence and self-esteem. Come on! Take a peek inside and find lots of ways to explore your strengths and feel more confident in school, with your friends, with everything!

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