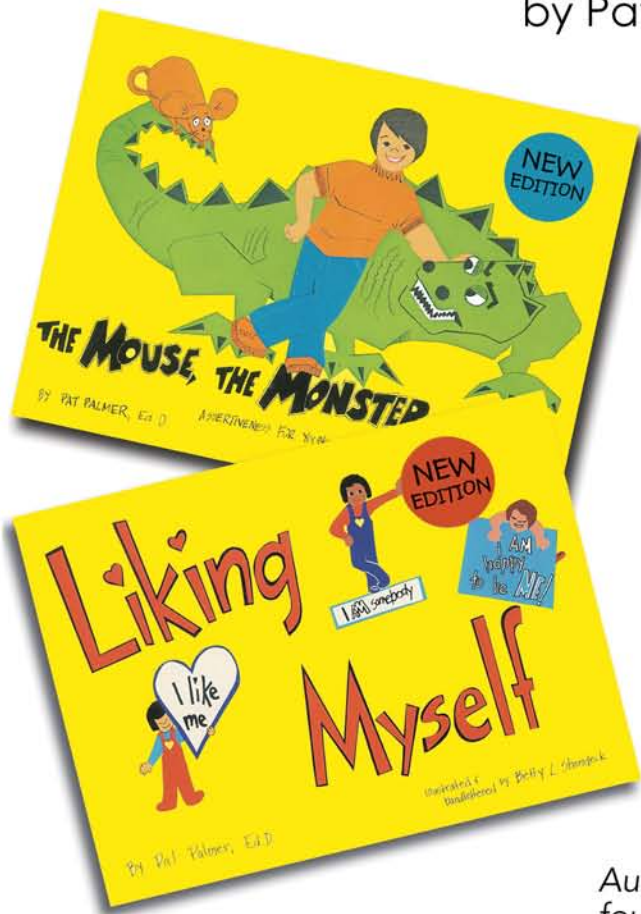


**"Valuable resources for building self-esteem and emotional stability.
Highly recommended." — The Midwest Book Review**

Liking Myself and The Mouse, the Monster and Me

by Pat Palmer, Ed.D.



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Author of eight books, Dr. Pat Palmer is a therapist and founder of the Assertiveness Training Institute of Denver.

Liking Myself (paper • 8" x 6")
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Ages 5-10

The Mouse, the Monster and Me
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Liking Myself



This book is loaded with ideas and exercises to improve children's self-esteem and build social and emotional literacy.

"Gives advice on how to handle oneself when feeling depressed, upset, or overwhelmed."
— Midwest Book Review

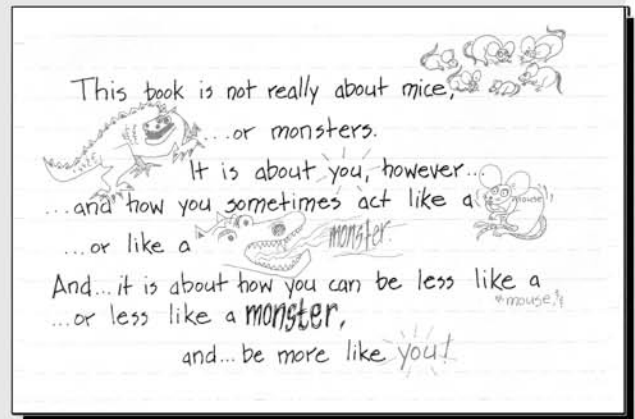
"The book emphasizes that assertiveness is not aggression, and that teaching children to be strong and confident individuals gives them a head start toward success in later life."
— Early Childhood Education Journal

"Liking Myself helps children find and restore their dignity."
— Michelle Brenner,
Conflict Resolution Consultant, Sydney, Australia

"Now I can control my feelings of anger and embarrassment."
— Stella

"I have learned a very important thing: to express your feelings, you must not blame others. I like myself better now. I used to lie, but now I don't."
— Akiko

The Mouse, the Monster and Me



The Mouse, the Monster and Me helps youngsters find a balance between their aggressive inner "monster" and their passive inner "mouse."

"Teaches healthy, non-violent conflict management skills that are more vital now than ever."
— Midwest Book Review

A valuable and empowering book."
— Michele Borba, Ed.D., author of
— The Big Book of Parenting Solutions and Building Moral Intelligence

"One of my students' favorite tools. A great resource for parents and professionals to use with kids. The activities and discussions are perfect for families or guidance groups!"
— A.R., Elementary School Psychologist

"What I liked best was 'How to Say No'. I think that will help me out a lot when I get into junior high and high school."
— Ashley

"I used to be a mouse, and now I'm assertive."
— Jennifer

"I am absolutely thrilled that The Mouse, the Monster, and Me and Liking Myself are updated and back in print! I have used these books for all of my 23 years of elementary counseling classroom lessons, and my copies are tattered beyond repair. They are among the best resources to teach assertiveness and personal skills—students retain the information and refer to them years later. Thank you for making these wonderful books available again!"

— Marilyn Agee, M.Ed., LMHC, Finalist for the 2009 National Counselor of the Year Award of the American School Counselor Association (ASCA) and recipient of the Betsy Houghton Top National Award from the National Association of Student Assistance Professionals (NASAP)