

## FOR IMMEDIATE RELEASE



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### *Be Confident in Who You Are*

***Good Parenting<sup>cm</sup> Seal honors book that gives middle school kids the tools they need to “take back their power” once and for all***

Nutley, New Jersey. (November 3<sup>rd</sup> 2008). The Good Parenting<sup>cm</sup> Seal from Parental Wisdom, a patented parenting website that recognizes parents as the real experts in knowing their children best, recognizes and awards the seal to Annie Fox.

Popular author and online tween and teen advisor Annie Fox, M.Ed., aka Hey Terra! at [www.anniefox.com](http://www.anniefox.com) names the phenomenon “peer approval addiction” and her new book, *Be Confident in Who You Are* (\$9.95, Free Spirit Publishing), gives kids the tools they need to “take back their power” once and for all.

Hailed by reviewers as a “rare book that speaks directly to teenagers without ever condescending,” a “work of genius that helps middle school kids and their families with their emotions,” and a book with student dialogue that is “very true-to-life,” *Be Confident in Who You Are* offers middle schoolers helpful, realistic advice on how to:

- Deal with teasing or bullying about appearance, grades, hobbies, and interests.
- Counteract feelings of inadequacy brought on by advertising and judgmental peers.
- Stand up for beliefs and stop worrying about what others think.
- Ignore the negative voice within (The Opinionator) when it says you’re not popular enough, cool enough, smart enough, or thin enough.
- Understand and control changing moods.

Part graphic novel, part practical life skills, *Be Confident in Who You Are* is the first book in the Middle School Confidential™ series. It follows a tight-knit group of fictional seventh graders—Jen, Jack, Michelle, Chris, Mateo, and Abby—as they navigate the hazards of middle school and rely on each other for support and reality checks.

Author: Annie Fox, M.Ed., ISBN 978-1-57542-302-9, Retail Price: \$9.95, Publisher: Free Spirit Publishing [www.freespirit.com](http://www.freespirit.com)

#### **ABOUT THE AUTHOR**

Annie Fox, M.Ed., graduated from Cornell University with a degree in Human Development and Family Studies and completed her master’s in Education at the State University of New York at Cortland. After a few years teaching in the classroom, computers changed her life and she began to explore how technology could be used to empower teens.

Annie has since contributed to many online projects, including as creator, designer, and writer for the The InSite—a Web site for teens taking on life’s challenges. She also answers questions for the Hey Terra! feature as an online adviser for teens. Her Internet work [www.anniefox.com](http://www.anniefox.com) has contributed to the publication of multiple books, including *Too Stressed to Think?* and the Middle School Confidential series. Annie also is available for public speaking engagements and workshop presentations on teen and parenting issues.

#### **ABOUT THE GOOD PARENTING<sup>CM</sup> SEAL**

Evaluated by parents, the Seal is awarded to books and media that address parenting issues that are clear, helpful and actionable. The Seal exists to resolve the issue of parents with limited time and money to sort through the many thousand books, millions of websites and other media when researching advice on raising children. Parental Wisdom has been awarded the Good Parenting certification mark by the U.S. Patent office. For more information visit [www.parentalwisdom.com](http://www.parentalwisdom.com)

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