

School Library Series

Solid information, sound advice, fun illustrations, real-life topics, practical tips, and a kid-centric point of view—no wonder these books are so popular with young readers. Together they make a cool collection of self-help books that really help.



Bullies are mean. Bullies are scary. Bullies are a pain in the brain—and every child needs to know what to do when confronted by one. This book blends humour with serious, practical suggestions for coping with bullies. Trevor Romain reassures kids that they're not alone and it's not their fault if a bully decides to pick on them. He explains some people are bullies and describes realistic ways to become "Bully-Proof," stop bullies from hurting others, and get help in dangerous situations. And if bullies happen to read this book, they'll find ideas they can use to get along with others and feel good about themselves—without making other people miserable.

Anger is a part of life. We can't avoid it, we shouldn't stuff it, and we can't make it go away. Kids need help learning how to manage their anger. This book speaks directly to them and offers strategies they can start using immediately. Blending solid information and sound advice with jokes and funny cartoons, it guides kids to understand that anger is normal and can be expressed in many ways—some healthy, some not. It teaches them how to recognize anger in themselves and others, how to handle situations and emotions (loneliness, guilt, frustration, fear) that lead to or mask anger, and how to deal with the anger they feel. Young readers learn that violence is not acceptable and there are better, safer, more positive ways to resolve conflicts. They also discover what to do when people around them are angry, how to get help, and how to locate other resources (books, hotlines, school groups) when they need more support.

More kids than ever feel worried, stressed out, and anxious every day. Their parents and teachers may not know—because kids don't want to talk about it, or they don't know how to put their worries into words. Their "secret stress" surfaces as stomachaches, headaches, fatigue, trouble sleeping, loss of appetite, and an inability to concentrate. These and other stress-related symptoms can have a negative effect on school performance, family life, and friendships. From the best-selling authors of True or False? Tests Stink!, this book is a helping hand for kids and an eye-opener for adults. Reassuring words, silly jokes, and light-hearted cartoons let kids know they're not the only worry-warts on the planet—and they can learn to manage their stress. A "What, Me Worry?" section describes the causes of stress and its physical and emotional effects. "How to Be a Panic Mechanic" gives kids ideas for dealing with stress and being stronger and more assertive. Upebeat, positive, fact-filled, and friendly, this is the book on stress for kids and young adolescents.

