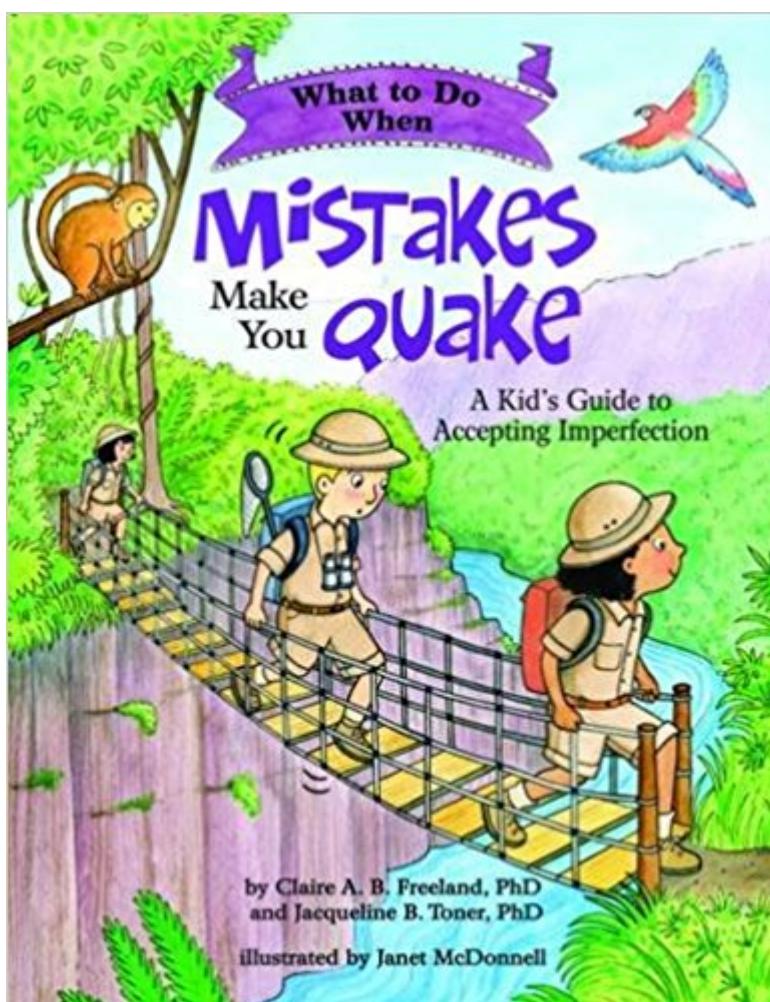


The book was found

# What To Do When Mistakes Make You Quake: A Kid's Guide To Accepting Imperfection (What-to-Do Guides For Kids)



## **Synopsis**

What to Do When Mistakes Make You Quake aims to help kids who struggle with self-confidence and a fear of making mistakes, being self-critical, and purposely aiming low. Using cognitive-behavioral approaches, this interactive book is a complete resource for educating, motivating, and empowering children to cope with mistakes so they can explore new territory without fear.

## **Book Information**

Series: What-to-Do Guides for Kids

Paperback: 96 pages

Publisher: Magination Press; 1 edition (August 24, 2015)

Language: English

ISBN-10: 1433819309

ISBN-13: 978-1433819308

Product Dimensions: 8.4 x 0.3 x 10.9 inches

Shipping Weight: 8.8 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars 28 customer reviews

Best Sellers Rank: #6,682 in Books (See Top 100 in Books) #65 in Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #1392 in Books > Reference

Age Range: 8 - 11 years

Grade Level: 3 - 6

## **Customer Reviews**

"Highly recommended as an invaluable resource, especially for children whose strong perfectionist tendencies hold them back." --Midwest Book Review

What to Do When Mistakes Make You Quake aims to help kids who struggle with self-confidence and a fear of making mistakes, being self-critical or too hard on themselves, and purposely aiming low. Using cognitive behavioral approaches, this interactive book is a complete resource for educating, motivating, and empowering children to cope with mistakes so they can explore new territory without fear.

This is a very well written book with delightful illustrations about forgiving yourself for making

mistakes and not letting them discourage you from future endeavors. Although this book is designed for children aged 6 to 12, it is actually good for people of all ages. We all make mistakes but we shouldn't quake.

one of the best books for children, teens and even adults. It's a book that makes you rethink your own perspective on making mistakes and being less than perfect. Love it.....Use it everyday in my office with children and their families.

My 9-10 year old worries about failing or disappointing someone all the time. These books have helped her immensely. They provide exercises that help her think through issues and learn rather than fret about them.

Really good cognitive behavioral approach to helping kids who are afraid of making mistakes. Very family friendly.

This book series is fantastic! We've bought a few and all have been equally well written. The language and examples they use are perfect for kids. Highly recommend!

As a therapist with kids - this is a simple way of describing CBT principals and help children have words to describe what is happening to them! Another hit from this author!!!!

Very easy to understand and is age-appropriate. I work with K-5 and it's a great resource.

This book is really helpful. When we finished it, we started it over. My 7 1/2-year-old likes it.

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