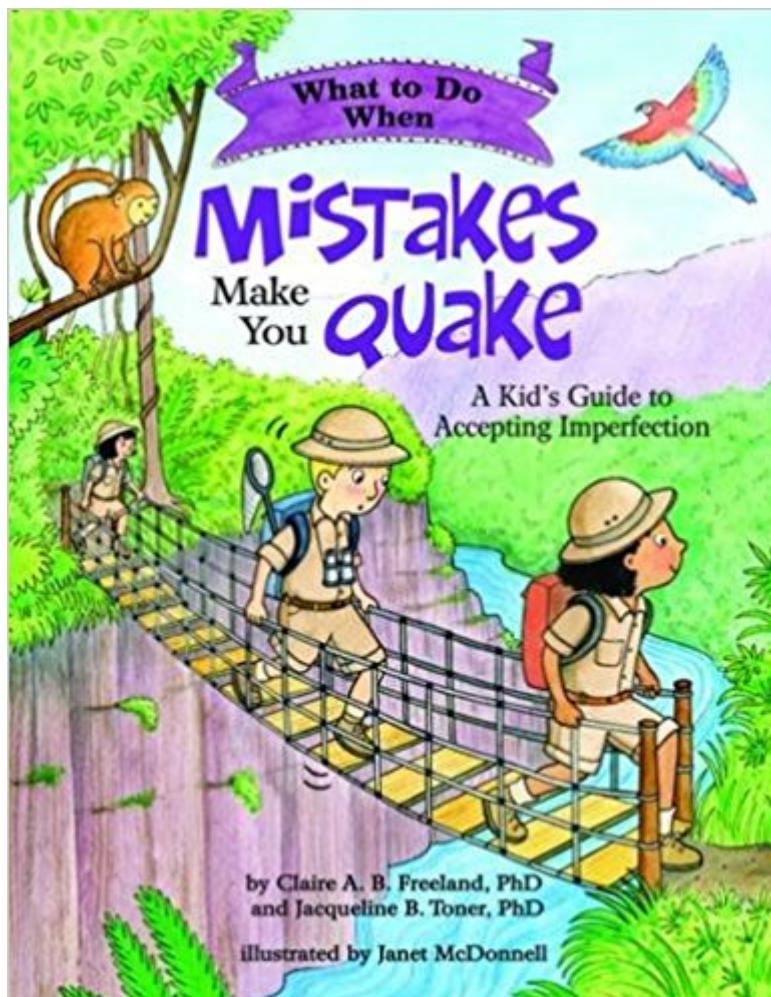


The book was found

# 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 starsÂ  See all reviewsÂ  (12 customer reviews)

Best Sellers Rank: #6,759 in Books (See Top 100 in Books) #66 inÂ  Books > Children's Books > Growing Up & Facts of Life > Friendship, Social Skills & School Life > Self-Esteem & Self-Respect #2049 inÂ  Books > Reference

Age Range: 8 - 12 years

Grade Level: 3 - 7

## **Customer Reviews**

During a recent get together with the girls we, of course, talked a little about children. One friend enthused about a "Quake" book. A few Moms were interested. Some days later I was talking with another friend who was concerned about her 10 year old daughter who had announced that she was NOT going to play in her piano recital because she was terrible and everyone would laugh at her. At this point I decided to borrow the "Quake" book and pass it on to the child with a definite quake problem. She loved the book, decided to perform in the recital, received applause. Happy child, happy Mom, happy piano teacher. Mom bought a copy of the book which her daughter loves. After all this, I decided to read the whole book and was really impressed with the approach, the examples and the illustrations. I even got a boost to overcome my quake and accepted an invitation to play bridge which I'm really terrible at. I lost.

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.

This has been a great resource for my daughter and I, as we address perfectionism. She has age-appropriate vocabulary and constructs to spot what she's doing and challenge her thoughts. Tools, basically, to solve her own challenge.

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

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

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