

The Mouse, the Monster and Me:

Assertiveness for young people

Brings Social and Emotional Learning (SEL) to children in a fun and engaging manner. The artwork, narrative and exercises illustrate aggressive “monster” and passive “mouse” behaviors, helping young readers identify these characteristics in themselves and in others. It also encourages children to explore the “me” communication style, based on responsibility, respect, and rights.

This bestselling book teaches healthy, non-violent conflict management skills that help kids stop being — or attracting — bullies. When youngsters learn how to assert themselves appropriately, they gain self-esteem and safer, happier relationships. — By Pat Palmer, Ed.D.

Book Info:

- ISBN-13: 978-1-892421-55-5
- Ages: 8 and up
- 93 pages perfect bound
- Full color
- Retail price: \$12.95 (quantity and distributor discounts available)

Available From:

- Boulden Publishing
- Baker & Taylor
- Amazon

Quick Selling Points

- Previous editions of *The Mouse, the Monster and Me* and the companion *Liking Myself* sold over 500,000 copies!
- Teaches assertiveness which can curb and prevent bullying.
- Includes simple and fun activities and exercises to help reinforce the lessons.
- Social and Emotional Learning (SEL) is proven to:
 - Improve academic performance.
 - Reduce bullying.
 - Build positive self-esteem.
 - Promote the development of healthy relationships.
 - Help children resist peer pressure.
- Companion to *Liking Myself*.

Reviews and Press

“A valuable and empowering book.” — Michele Borba, Ed.D., author of *Nobody Likes Me, Everybody Hates Me, The Big Book of Parenting Solutions*, and more than a dozen other award winning books

“It is recommended that Palmer’s *The Mouse, the Monster and Me* be used because passive, assertive, and aggressive responses are defined and assertive responses are demonstrated.” — *The Handbook of Psychological Treatment Protocols for Children and Adolescents*, ed. by Vincent B. Van Hasselt, Michel Hersen

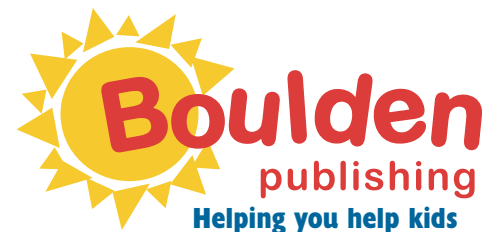
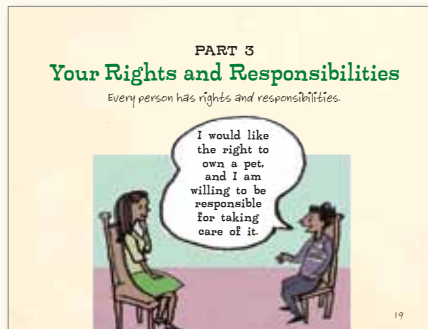
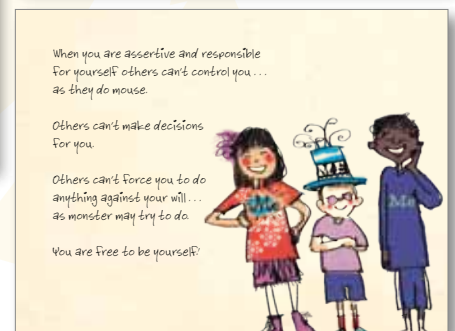
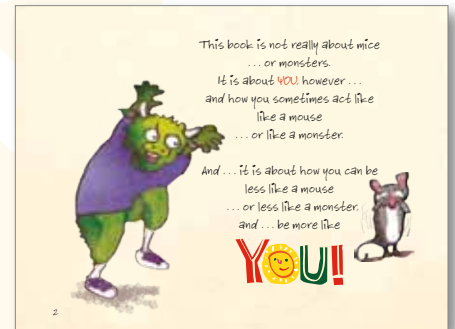
“I have recommended these books to parents and teachers who are concerned about smoking prevention in children. The response has been most favorable.” — Debra R., Health Education, American Cancer Society.

“Excellent! One of my favorite books!” — Stepparent News

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

AUTHOR INFORMATION

Dr. Pat Palmer, is a psychologist and founder of the Assertiveness Training Institute of Denver. She has counseled adults and young people throughout the U.S. in the areas of assertiveness and self-esteem. In addition to writing *Liking Myself*, and *The Mouse, the Monster and Me*, Dr. Palmer also wrote *Teen Esteem* and *I Wish I Could Hold Your Hand*.



30 Oregon Street, P.O. Box 1186
Weaverville, CA 96093
800-238-8433
FAX: 530-623-5525
EMAIL: Ken@bouldenpublishing.com
www.bouldenpublishing.com