



## A Teacher's Guide to Stick Up for Yourself!: A 10-Part Course in Self-Esteem and Assertiveness for Kids

By Gershen Kaufman, Lev Raphael, Pamela Espeland

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### **Editorial Review**

#### **About the Author**

Gershen Kaufman was educated at Columbia University and received his Ph.D. in clinical psychology from the University of Rochester. Professor in the Counseling Center and Psychology Department at Michigan State University, he is the author of *Shame: The Power of Caring* and *The Psychology of Shame: Theory and Treatment of Shame-Based Syndromes*. He is the coauthor with Lev Raphael of *Dynamics of Power: Fighting Shame and Building Self-Esteem* and *Coming Out of Shame*.

Lev Raphael was educated at Fordham University and received his M.F.A. in Creative Writing from the University of Massachusetts at Amherst. He holds a Ph.D. in American Studies from Michigan State University, where he has taught as an assistant professor of American Thought and Language.

With Gershen Kaufman, he codeveloped and cotaught the program, "Affect and Self-Esteem," on which the books *Dynamics of Power* and *Stick Up for Yourself!* are based. Book critic for National Public Radio's "The Todd Mundt Show" and "Mysteries" columnist for The Detroit Free Press, he is the author of three Nick Hoffman mysteries, most recently *The Death of a Constant Lover*.

Pamela Espeland has authored, coauthored, or edited over 200 books for Free Spirit Publishing on a variety of subjects. Pamela graduated from Carleton College in Northfield, Minnesota and currently lives in Minneapolis with her husband and two little dogs.

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#### **From reader reviews:**

##### **Gloria Brower:**

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##### **Lillian Robbins:**

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**Judith Judd:**

Playing with family in the park, coming to see the sea world or hanging out with friends is thing that usually you might have done when you have spare time, and then why you don't try factor that really opposite from that. 1 activity that make you not sensation tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love A Teacher's Guide to Stick Up for Yourself!: A 10-Part Course in Self-Esteem and Assertiveness for Kids, you are able to enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout guys. What? Still don't understand it, oh come on its identified as reading friends.

**Warren Cruz:**

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