



# Boost Your Self-Esteem

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<b>ISBN</b>	9788854420144
<b>Publisher</b>	White Star
<b>Binding</b>	Hardback
<b>Territory</b>	World excluding Australasia, USA, & Canada. Italy and India non-exclusive
<b>Size</b>	260 mm x 210 mm
<b>Pages</b>	64 Pages
<b>Name of series</b>	LUMI Activity
<b>Price</b>	£10.99

- Based on expert research
- Developing self-esteem in youth
- Engaging activities and a detachable poster

Some might say that having “a growth mindset” is everything (a.k.a.: believing that your qualities can be cultivated for success and seeing challenge as opportunity). Within that, self-esteem is a core foundation for growth. In this book, the 4 elements of self-esteem according to the work of psychologist Debora Plummer, become 4 chapters of engaging activities and games for developing young minds! Ages 5-7

**Chiara Piroddi** is a psychologist and psychotherapist, specialising in child and adolescent psychopathology. Graduating in Psychology in 2007 from the University of Pavia, she attended a Masters course in Neuropsychology in 2009, and in 2013 specialised in Cognitive Psychotherapy in Childhood and Adolescence after a four-year course at the Crocetta Clinical Center in Turin, Italy. **Camilla Garofano** was born in Empoli, Italy. After many years designing theatre costumes, she finally turned to designing imaginary worlds and creatures leading to a career in digital media, particularly in illustrations for children. She is a member of Fuffa, an illustration studio based in Tuscany that was created by a team of four friends passionate about illustration and books. Together they make picture, activity, and interactive books, as well as puzzles and toys. Between them, they have years of experience in the editorial field, and they share the same goal: to create something beautiful.

