



Be Confident in Who You Are (Middle School Confidential Series) (Bk. 1)

Annie Fox M.Ed.

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“Hey. We go to Milldale Middle School. We’re very different in lots of ways, but we’re all good friends. A couple months ago, we were just hanging out when these kids came over . . .”

So begins the journey of Jack, Jen, Chris, Abby, Mateo, and Michelle—six students just trying to figure it all out in middle school. *Be Confident in Who You Are*, the first book in the new Middle School Confidential series, follows these characters as they work to meet new challenges and survive the social scene—without losing sight of who they are. The book offers insider information on common middle school concerns and practical advice for being healthy, feeling good about who you are, and staying in control of your feelings and actions—even when the pressure is on. Filled with character narratives, quizzes, quotes from real kids, tips, tools, and resources, this book is a timely and engaging survival guide for the middle school years.

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