



## Jamie Lee Curtis

**Today I Feel Silly & Other Moods That Make My Day**  
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Jamie Lee Curtis tells us about the lessons in each of her books and how her friends and family helped to inspire each book.

*When I Was Little: A Four-Year-Old's Memoir of Her Youth* is about getting bigger and understanding that who you are keeps changing as you keep growing. That book popped out of my mind when my then four-year-old daughter announced, boasting of her accomplishments, that she was no longer little. Hence the subtitle: A Four-Year-Old's Memoir of Her Youth. It still makes me laugh.

*Tell Me Again About the Night I Was Born* is a celebration of adoption and belonging to a family. Both of my children are adopted, and *Tell Me Again* is about the experience of adoption from a child's point of view. The fact that the book has been so embraced by the adoption community has been a bonus that I did not expect.

*Today I Feel Silly and Other Moods That Make My Day* is really about how every day you feel different because you have a different mood ' and that's okay. The book came to me when I told a friend I was working on this book called *My Mood Swings*, which was what *Today I Feel Silly* was originally called, and I said, 'Well, you know, it really just needs to be this simple book, kind of like 'today I feel silly and "Oh! I'll be right back!' And the whole book just spilled out of me.

*Where Do Balloons Go? An Uplifting Mystery* was born at a children's birthday party. We were outside and suddenly a storm began brewing. We all looked up at the gray clouds gathering, and at just that moment a child accidentally undid a batch of balloons and they all flew up to the sky. This little child asked her mommy, 'Where do balloons go?' And there was that lightning moment where I knew I had a book. *Where Do Balloons Go?* is about what happens when you let go ' not just to a balloon, as happens in the book ' but to your imagination.

My newest book, *I'm Gonna Like Me: Letting Off a Little Self-Esteem*, was inspired by my goddaughter. I sent her this fabulous dress for her birthday. She opened the present, and ran to the mirror. And as she held the dress up to herself, she twirled around and shouted out, 'I'm gonna LIKE me!' As soon as I heard her say it, I knew exactly what that feeling was. For my goddaughter, at that moment, it was the missing piece to her self-esteem.

*I'm Gonna Like Me* focuses on building self-esteem. Self-esteem is about how it's important to like yourself because of what you do and who you are. Liking yourself and feeling good about yourself is as much about trying on a new dress and feeling good as it is about making a get-well card for a sick friend, or trying hard at something at school and failing, but learning from that experience. Kids learn, we all learn, from failure. What's important in building self-esteem is to ask children, when they fail at something they tried really hard at: what was the experience like? Life is full of pain and joy, and it is that balance makes a whole person.

Self-esteem is at the core of what is wrong and what is right with us. *I'm Gonna Like Me* allows children to explore their own feelings of self-worth in their home, in a book to share with parents and caregivers.