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I'm Gonna Like Me
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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.