



Hot Stuff to Help Kids Cheer Up: The Depression and Self-Esteem Workbook

Jerry Wilde Ph.D.

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Hot Stuff to Help Kids Cheer Up is the newest book in the successful Hot Stuff series. This handy guide is designed to help kids work through their depression and self-esteem issues in a way that's positive and effective.

Author Jerry Wilde has used his experience as a school psychologist to create a workbook that is proven effective in giving kids the tools to break out of the ruts of depression and low self-esteem.

Kids will learn:

- How to think differently so they can feel differently
- What causes depression and low self-esteem
- How to stop worrying about what other people think
- And much more

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