

School Made Easier: A Kid's Guide to Study Strategies and Anxiety-Busting Tools**Wendy L. Moss****Robin A. Deluca-Acconi**

Magination Press

Hardcover \$14.95 (128pp)

978-1-4338-1335-1

This excellent source for ADHD and anxiety sufferers helps elementary-- and middle--school--age students identify stress, understand its roots, and manage its symptoms more effectively. With tips on how to practice positive self--talk and keep homework organized to optimize retention, the wisdom provided will improve study skills and self--esteem. A fantastic offering for those who need help staying calm and confident in school. Ages eight to thirteen.

AIMEE JODOIN (Fall 2013)

Disclosure: This article is not an endorsement, but a review. The publisher of this book provided free copies of the book to have their book reviewed by a professional reviewer. No fee was paid by the publisher for this review. Foreword Reviews only recommends books that we love. Foreword Magazine, Inc. is disclosing this in accordance with the Federal Trade Commission's 16 CFR, Part 255.