

Stand Up! Be an Upstander and Make a Difference

Wendy L. Moss

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Psychologist Wendy L. Moss's *Stand Up!* is designed to help teach children how to stand up and support fairness and respect with the hope of decreasing bullying and injustice.

Stand Up! is an actionable and practical learning tool. Advice for standing up, being kind to yourself, understanding others and how to help them, dealing with conflict, and creating a plan to make a difference while working together is included. The text includes quizzes, composite examples from Moss's years of working with children, and real-life strategies to teach compassion, empathy, and about dealing with others. The book's necessary work is about creating positive change and helping to improve the world, one person at a time.

Each chapter includes an important lesson that is easy to internalize. Chapters are packed with useful information and are short enough to keep the pace moving. The language is approachable for all audiences, even when dealing with complex material. Kindness underlies each page, opening the door to learning by assuming pure intentions and that everyone is capable of growth.

Examples of upstanding behavior come with questions for the audience to help them better integrate the information into self-understanding; this will, in turn, help them to better help others. The book's variety of stories from multiple perspectives makes it even more accessible.

Varied typography, call-out sections demarking quotes, example stories, workbook material, and takeaway advice make *Stand Up!* accessible and allow readers to take the initiative and personal responsibility. Every layer increases the book's clarity. This is a polished, consistent, and ultimately fun text.

Stand Up! is jam-packed with tools and materials that solidify how critical it is to stand up for what is right—useful for young readers and their educators alike.

REBECCA MONTERUSSO (November / December 2019)

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