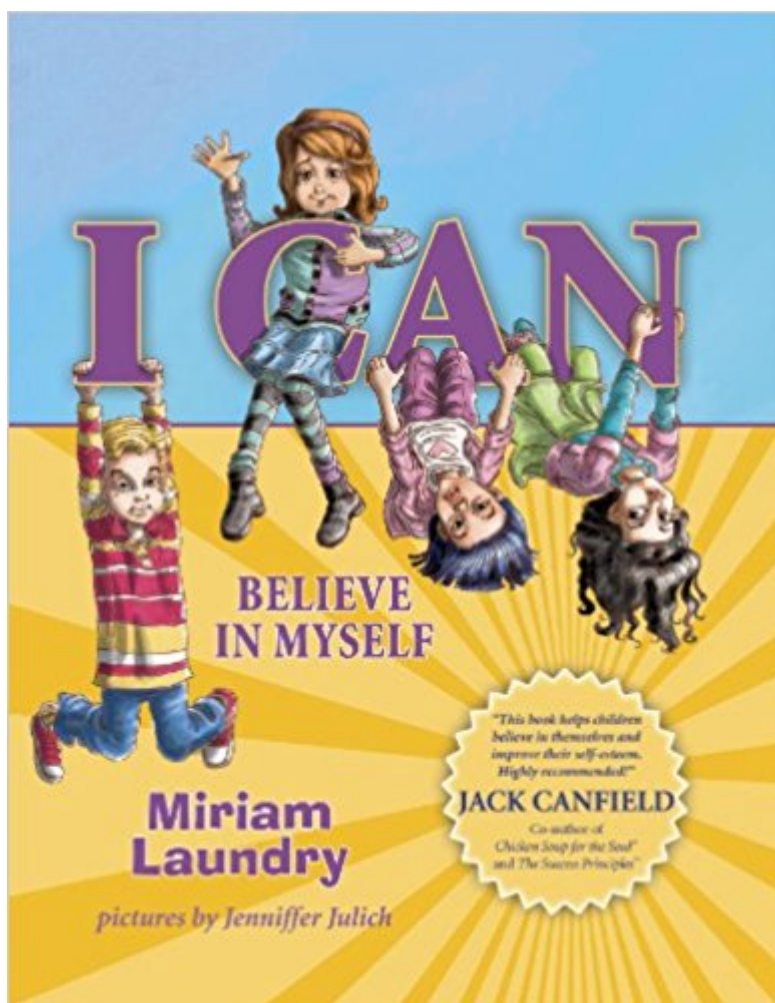


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# I CAN Believe In Myself (I CAN Book Series)



## Synopsis

Molly has been chosen to be the next Star-of-the-Day! Most kids would be excited. Molly, however, is terrified! She just can't talk in front of her class. How can Molly get out of this mess? Will her story about a three-headed monster work? How about a note from her mother (whose printing looks strikingly similar to Molly's). She worries all day. She frets all night. "I CAN'T...I CAN'T...I CAN'T" Molly convinces herself. Or CAN she? Other themes in this book include letting go of fear, compassion, confidence and self-esteem.

## Book Information

Hardcover: 32 pages

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## Customer Reviews

Two little words that make a big difference...I CAN. This book is clever, cute and very effective. It helps children believe in themselves and improve their self-esteem. Highly recommended! --- Jack Canfield, Co-author of *Chicken Soup for the Soul* and *The Success Principles* Miriam's book presents a marvellous way to help kids reach their goals. It looks deceptively simple but conveys profound, deep truth that should be spread to each and every kid in our world. --- Wolfgang G. Sonnenburg, founder of the *Winspiration Day Association* and author of *The Best is Yet to Come*. What a great way for children to learn at an early age to let go of limiting beliefs while creating new, empowering ones. *I CAN...believe in myself* has a message all children need to hear! --- Carol Kline, co-author of the *New York Times* bestselling book, *Happy for No Reason* and *Chicken Soup for the Mother's Soul 2*

Miriam Laundry writes books that empower children to make choices that promote confidence,

happiness and responsibility. Miriam is the creator of the "I CAN" book series. Miriam lives in St. Catharines, Ontario in beautiful Canada. She is married and has 4 children. She loves to travel, read, attend Transformational seminars, spend time with her family and write.

I ordered this book for my niece and she loved it! This book cleverly helps children overcome difficult situations. My niece was very scared to start swimming lessons. At the end of the book she told me she wanted to make a make-believe Shreddy (like in the story) and she let her fear go. Thanks for this book, I wish I would have had it as a child. I CAN Believe in Myself (I CAN Book Series)

I teach 10 to 12 year old boys who are children at risk. My goal is to help them develop a positive self-esteem. Recognizing that "I CAN" will help them be aware of what they are capable of doing and not allowing fear or not even trying get in the way of becoming more confident in themselves.

What a treat to discover a children's book with such a meaningful message - for the reader and listener alike! Young children love to have their favourite book read to them over and over again, firmly planting this important success principle in their young minds.

I CAN Believe in Myself is an important lesson for children. Self Esteem, Self Worth and trusting oneself are essential qualities for healthy character development, relationships and succeeding in new situations and surroundings. As a once very shy child myself (many years ago), I know too well the importance of believing in yourself and building confidence. The author, Miriam Laundry has taken a complex topic of self esteem and created a story and characters that help the message land well for children. I can picture young children repeating the book title as their mantra.... I CAN!!! Believe in myself! I CAN!!! Believe in Myself! Thank you Miriam for creating a movement to help children recognize and value their uniqueness and their worth. Charmaine Hammond, bestselling award winning author On Toby's Terms, and, Toby the Pet Therapy Dog children's series

I met Miriam through her work as an assistant with Jack Canfield's Train The Trainer program. She is not only an amazingly talented author, but she is also one of the most caring, kind, loyal, warm and overall awesome people you will ever meet. Miriam's commitment to the empowerment of children is unmatched, and that commitment shines through in I CAN Believe in Myself. I purchased the book to share with my children because its message is powerful and easy to consume. In today's

world of information bombardment and tremendous change, our children need to know that their future can be full of abundance and they can live happy and fulfilled lives. Miriam's book *I CAN Believe in Myself* reinforces this critically important message. It's no wonder the book holds the Guinness World Record for the largest online book discussion in a 24 hour period. I give this book and the author my highest endorsement!

*I CAN Believe in Myself* illustrates the problems your children experience when they repeat, "I can't." These two words promote sadness, helplessness, and fear. They prevent children from trying. In this beautifully illustrated book, young Molly shows your kids how "I can't" held her back. They'll find out why Molly couldn't speak as she heard her teacher and classmates also say, "I can't." Through Molly's creative imagination, your child will learn how Molly and her friend, 'Shreddy,' turned everyone around, including herself. *I CAN Believe in Myself* is the best message for raising positive children who don't give up. Read it again and again with your kids. You'll like the results. Jean Tracy Author of, *Character Building Stories: Friendship Skills for Raising Happy Children + 75 Parenting Tips*

I have this book in French and in English and I love to read it to my friend's kids when they come over. We repeat some of the empowering phrases in the book together and cheer the delightful characters in the book. The story line evokes strong images even in my adult mind. I highly recommend this book for the classroom and for your home. The greatest struggle I see with my coaching clients is self-esteem. Let's invest in our kids to give them uplifting stories that will positively shape their minds. Miriam Laundry's book does just that. She is a true inspiration and I look forward to investing in the *I CAN* collection! Merci Miriam!

Outstanding! It's so easy for children to grow up with an inner voice that says "I can't" but usually, they can do so much more than they realize. Ideally, parents would be able to hear that inner voice when it attacks their child's confidence and self-esteem, but in truth the inner voice is silent. However, parents can read this book to their children and help counter that inner voice with words to build their child's confidence and self-esteem. Although all my children are grown, I loved the messages in this book so much, I bought a copy for my local library.

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*The Faith: What Christians Believe, Why They Believe It, and Why It Matters* *Why We Believe What*

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