

How To Be Brave

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How Big Is Your Brave? - Ruth Soukup 2020-05-05

How do you teach a child to dream big and shoot for the stars? In this inspiring story, a young bunny named Zippy dreams of traveling to space. When the opportunity to attend space camp arrives, she worries she might not be capable enough to compete with other kids. But Zippy's desire to build her rocket is bigger than her fear of failing, and through hard work and creativity works to make her dreams come true. New York Times bestselling author Ruth Soukup empowers children everywhere to dream big and live a life they love. *How Big Is Your Brave?* encourages readers to face their fears and overcome obstacles in order to follow their dreams and reach their goals. *How Big Is Your Brave?* is: Great for boys and girls, ages 4-8 An excellent choice for STEM storytime and sparking discussions about STEM fields A great resource to teach young children about confidence, self-esteem, and the value of hard work Through whimsical illustrations and encouraging text, children will discover how standing up to fears (both big and small) makes them stronger and unstoppable.

We Must Be Brave - Frances Liardet 2019-12-31

THE NEW YORK TIMES BESTSELLER "A powerful story that proves how love itself requires courage." --Delia Owens, author of *Where the Crawdads Sing* Spanning World War II and the sweep of the twentieth century, *We Must Be Brave* explores the fierce love that we feel for our

children and the power of that love to endure. Beyond distance, beyond time, beyond life itself. A woman. A war. The child who changed everything. December 1940. As German bombs fall on Southampton, England during World War II, the city's residents flee to the surrounding villages. In Upton village, amid the chaos, newly married Ellen Parr finds a girl asleep, unclaimed at the back of an empty bus. Little Pamela, it seems, is entirely alone. Ellen has always believed she does not want children, but when she takes Pamela into her home, the child cracks open the past Ellen thought she had escaped and the future she and her husband Selwyn had dreamed for themselves. As the war rages on, love grows where it was least expected, surprising them all. But with the end of the fighting comes the realization that Pamela was never theirs to keep. Spanning the sweep of the twentieth century, *We Must Be Brave* explores the fierce love that we feel for our children and the power of that love to endure. Beyond distance, beyond time, beyond life itself.

Let's All Be Brave - Annie F. Downs 2014-07-15

A call to embrace the God-given courage that lives inside you from bestselling author Annie F. Downs. How often does fear hold you back from the very things you most want to taste, touch, and experience? Author, blogger, and speaker Annie F. Downs admits she's not exactly the bravest girl in the world. She still cries sometimes when she leaves her parents' home in Georgia, she's never jumped out of a plane, and she

only rides roller coasters to impress boys. But Annie knows that courage resides inside each and every one of us, and she's on a mission to triumph over her own fears while encouraging the reader to do the same. The call to be brave isn't just for one person--it's for everyone. Let's All Be Brave is more than a book, it's a battle cry. Annie will challenge you to live boldly, calling you to step into those places that require courage and giving you the help you need to take the next step forward--even when it's scary. Annie uses honest and often humorous illustrations from her own life, contemporary real-life examples from the lives of others, and fascinating biblical stories to help you discover God's surprising answers to overcoming fear, uncertainty, and anxiety and grabbing hold of the life you desperately desire.

Right Now, I Am Fine - Daniela Owen 2021-05

"Right Now, I Am Fine" is a mindfully written self-help guide to aid children in dealing with stress and anxiety, by uncovering their emotions and following a simple calming routine. This is a coloring book edition to further help children overcome anxiety and increase attention to all the lessons of the book. Dr. Daniela Owen, Ph.D. is a clinical child psychologist in the San Francisco Bay Area. She works primarily with children, adolescents, and their families and specializes in using evidence-based treatments to help with managing anxiety, worry, anger, and low mood. Through her children's books, Daniela brings to life concepts and strategies that can be helpful for children everywhere.

Brave Every Day - Trudy Ludwig 2022-06-28

From social-emotional learning expert Trudy Ludwig and award-winning picture book illustrator Patrice Barton (co-creators of *The Invisible Boy*) comes a story about managing anxiety and finding the courage to stand up for yourself and others. Most kids love hide-and-seek, but Camila just wants to hide. Hiding is what she does best when she worries, and she worries a LOT. What if... I can't... I'm scared! A class trip to the aquarium causes her worries to pile up like never before. But when an anxious classmate asks for help, Camila discovers that her heart is bigger than her fears. From social-emotional learning expert Trudy Ludwig and award-winning illustrator Patrice Barton, this tale of courage and

compassion will embolden readers to face their own fears. "A sweet and powerful gem of a book sure to help young worriers." -Dawn Huebner, PhD, author of *What to Do When You Worry Too Much*

Becoming Brave - Tracey Mitchell 2018-09-04

Think big, dream wild, and live fear-free! A brave life is not stumbled upon—it's cultivated - it's choosing to be bold and fearless when everything in you wants to cower in defeat. Tracey Mitchell offers a fresh approach to intentionally living a meaningful, courageous life. Learn how to tackle these difficult questions: Am I willing to trade my best days for fear? Will I let hurt feelings rob me of my dreams? Will I allow loss to steal my peace? Will I waste my life haunted by painful memories? Each chapter contains insightful wisdom, real-life stories, and illustrations of how to transform fear and anxiety into confidence and courage and become truly brave. With questions for reflection throughout the book, Mitchell offers women an action guide to growth. This message of courage and empowerment is ideal for fans of Lysa TerKeurst and Rachel Hollis' *Girl Wash Your Face*.

How to Be Brave - E. Katherine Kottaras 2015-11-03

Chosen as one of the best YA Novels of November by Bustle.com A BuzzFeed YA Book To Watch Featured on School Library Journal's Size Acceptance YA List Georgia has always lived life on the sidelines: uncomfortable with her weight, awkward, never been kissed, terrified of failing. Then her mom dies and her world is turned upside down. But instead of getting lost in her pain, she decides to enjoy life while she still can by truly living for the first time. She makes a list of ways to be brave--all the things she's always wanted to do but has been too afraid to try: learn to draw, try out for cheerleading, cut class, ask him out, kiss him, see what happens from there. But she's about to discover that life doesn't always go according to plan. Sometimes friendships fall apart and love breaks your heart. But in the process, you realize you're stronger than you ever imagined... This fearless, big-hearted, deeply moving book will make you laugh, cry, and inspire you to be brave.

100 Days to Brave - Annie F. Downs 2017-10-24

You were always meant to be brave. Whether you're coping with loss,

making a major decision, or facing a fear, 100 Days to Brave will give you courage and confidence to move forward. With honesty and relatable humor, New York Times bestselling author Annie F. Downs invites you to embrace the path and plan God has for you. Stop allowing your fears to hold you back. Face them head on with 100 Days to Brave as your devotional guide to walking the road to your most courageous self. Dare to spend the next 100 days discovering how to: Experience personal growth, navigate difficult transitions, and overcome anxiety Conquer your fear so it doesn't hold you back Establish daily habits to keep you mentally strong Impacting 400,000 individuals and families, 100 Days to Brave is for: Women (and men, too) of all ages Individuals wanting to ignite hope in their life Devotions by yourself, with a small group, or a youth group Gifts of self-care and self-discovery Birthday gifts, Mother's Day, National Best Friends Day, and holiday giving As a society, we are going through a lot! With anxiety and loneliness at all-time highs, it's important that you take the next 100 days to discover that you are braver than you know and stronger than you thought possible. Look for additional inspirational books from Annie: Let's All Be Brave Perfectly Unique Speak Love

How to be Brave - Emilia Adler 2020-12-31

I'm Emilia. I'm 16. My life isn't how I thought it would be. What about yours? This book talks about depression, eating disorders, and body image. It's been a long time coming, but it's finally time to be brave.

Fear Is Not an Option - Monica Berg 2017-07

Brave - Margie Warrell 2015-02-18

Live every day with greater clarity, confidence and courage. Brave is a handbook for being more courageous. Written for busy people on the go, its short, focused chapters provide practical tools and empowering perspectives to help you build your 'courage muscles' in your work, relationships and life. Drawing on her background in business, psychology and coaching, author Margie Warrell will guide you in moving past the fears, doubts and beliefs that keep you from making the changes, and taking the chances, you need to enjoy the fulfillment and

success you desire. Courage is a habit. Practicing it daily, even in quiet small ways, unlocks new possibilities, creates new opportunities, grows your influence and enables you to meet your challenges with more resilience and self-assurance. So whether you're stuck in a rut, struggling in a relationship, overwhelmed by your daily juggling act or uninspired about your future, Brave will provide you with a regular dose of positive and practical inspiration to: Clarify what 'success' truly means to you, and be more purposeful in your daily efforts to achieve it Speak up with greater confidence, and be more assertive in dealing with difficult people, getting what you want and changing what you don't Define the person and leader you aspire to be, become more resilient under pressure, decisive in uncertainty and adaptable to change Scrap the excuses (your age, education, gender, busyness or children) that sabotage your future actions Dare more boldly, passionately pursuing the goals that inspire you most, no matter how daunting Courage begets courage. You build it every time you choose to leave the safety of your comfort zone for the sake of something more important. Day by day, brave action by brave action, you can Brave within you to create a life rich in all that you seek. If you want to live your life more powerfully and purposefully, this book will become your trusted companion.

How to Be Brave - Jennifer Kosuda 2021-11

The Courage Quotient - Robert Biswas-Diener 2012-04-10

The keys to understanding and developing courage This groundbreaking book reveals that courage is more about managing fear than not feeling it, and that courage can be learned. The author explains that most courageous people are unaware of their own bravery, and all of us have some form of courage in our lives now, to start with. The book is filled with illustrative examples, studies, and interviews from Greenland to Kenya, and defines the types of individuals who demonstrate general, personal, and civil courage. The author includes clear guidelines and suggestions for increasing our ability to be courageous. Includes guidelines that show how anyone can ramp-up their courage quotient and develop the qualities that strengthen personal courage Contains a

wealth of examples and anecdotes of real-world courage from a variety of cultures. A prolific writer, the author has a popular blog Psychology Today. The author extols the virtues of personal courage and shows how to overcome fear and stand up for what is right.

Be Brave Little One - Marianne Richmond 2017-10-03

Celebrate the courage and bravery in every child with *Be Brave Little One*, from the bestselling author of *If I Could Keep You Little*. Perfect for cheering someone on, this story affirms how bravery can show up in all different ways! When I look at you, shining bright as the sun, I wish for you this... be brave little one! Share this inspiring message at every special occasion in a young child's life! *Be Brave Little One* makes for the perfect: Baby shower gift, Preschool graduation gift, Kindergarten graduation gift, First day of school gift. When times are tough, this is the perfect preemie or NICU baby book for families seeking an encouraging and heartfelt message of bravery.

How to Be Brave - Daisy May Johnson 2021-07-06

Daisy May Johnson's *How to Be Brave* is a delightfully zany yet heartwarming middle-grade novel about a young girl who bands together with her boarding school friends to find her missing mother. Calla North and her mother Elizabeth live a quiet but happy life together. Elizabeth happens to be the world's leading expert on ducks—but unfortunately, being an expert on ducks doesn't always pay the bills (no pun intended). When Elizabeth is offered a well-paid research trip to the Amazon, it's an opportunity too good to miss. But while her mother's off exploring, Calla winds up at boarding school. No adventures are likely to find her there—or so she thinks. Then Calla receives the terrible news that her mother's plane has gone missing. Can Calla, her friends, and a motley crew of nuns defeat an evil new headmistress and find Elizabeth before it's too late?

How to Be Brave - Daisy May Johnson 2021-07

Calla's mum has never been normal. She's been known to go out in a lab coat and slippers and often forgets to perform basic tasks because she's been thinking about ducks. When a job offer arrives to study her beloved birds in the Amazon rainforest, Calla knows her mum has to go.

Nervously, she agrees to go to boarding school. She quickly learns that trouble is afoot in this odd convent school. A mean new headmistress is imposing horrible rules and making everyone eat Brussels sprout cake, and the students are itching to revolt. As Calla makes new friends and gets drawn into their rebellious plot, she keeps waiting for her mum to call. She will, won't she? Exuberantly funny and brimming with heart, *How to Be Brave* is a riotous celebration of the power of resourceful girls, stories and the right biscuit at the right time.

Quiet - Susan Cain 2012-01-24

#1 NEW YORK TIMES BESTSELLER • Experience the book that started the Quiet Movement and revolutionized how the world sees introverts—and how introverts see themselves—by offering validation, inclusion, and inspiration “Superbly researched, deeply insightful, and a fascinating read, *Quiet* is an indispensable resource for anyone who wants to understand the gifts of the introverted half of the population.”—Gretchen Rubin, author of *The Happiness Project* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY *People* • *O: The Oprah Magazine* • *Christian Science Monitor* • *Inc.* • *Library Journal* • *Kirkus Reviews* At least one-third of the people we know are introverts. They are the ones who prefer listening to speaking; who innovate and create but dislike self-promotion; who favor working on their own over working in teams. It is to introverts—Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak—that we owe many of the great contributions to society. In *Quiet*, Susan Cain argues that we dramatically undervalue introverts and shows how much we lose in doing so. She charts the rise of the Extrovert Ideal throughout the twentieth century and explores how deeply it has come to permeate our culture. She also introduces us to successful introverts—from a witty, high-octane public speaker who recharges in solitude after his talks, to a record-breaking salesman who quietly taps into the power of questions. Passionately argued, impeccably researched, and filled with indelible stories of real people, *Quiet* has the power to permanently change how we see introverts and, equally important, how they see themselves. Now with Extra Libris material, including a reader's guide and bonus content

The Society of Timid Souls - Polly Morland 2013-07-09

A journey into the modern life of an ancient virtue - bravery - and a quest to understand who might possess it and how. With *The Society of Timid Souls*, or *How To Be Brave*, documentary filmmaker Polly Morland sets out to investigate bravery, a quality that she has always felt she lacked. The book takes inspiration from a vividly eccentric, and radical, self-help group for stage-frightened performers in 1940s Manhattan, which coincided with the terrifying height of World War II and was called *The Society of Timid Souls*. Seventy years later, as anxiety about everything from terrorism to economic meltdown continues, Morland argues that courage has become a virtue in crisis. We are, she says, all *Timid Souls* now. Despite a career in which she has filmed in rebel-held Colombian jungles and at the edge of Balkan mass graves, interviewing convicted murderers, drug-traffickers, and terrorists, Morland herself has never felt brave. Often, the very reverse. So she sets out to discover how and why courage is achieved in an age of anxiety and whether it might even be learned. Drawing on her interviews and encounters with soldiers and civilians, bullfighters and big-wave surfers, dissidents fighting for freedom and cancer patients fighting for their lives, Morland examines bravery across the spectrum: from the first childhood act of defiance by Bernard Lafayette, a leader of the civil rights movement who later faced down the KKK in Alabama, or the reflexive will-to-survive of Vjollca Berisha, a Kosovo Albanian who endured a massacre by playing dead among the bodies of her own family, to the small acts of everyday bravery that quietly punctuate our lives, in schoolyards, labor wards, and hospices the world over. Along the way, Morland draws attention to some of the myths of bravery that have been conjured and perpetuated over time and argues that, often, courage exists as much in the telling as in the doing. At once an exploration of what bravery means and a chronicle of the author's personal journey among those who embody it, *The Society of Timid Souls* is a profound, approachable meditation on this most valued and mysterious of human qualities. In setting off on the trail of the lionhearted, Polly Morland finds out a great deal about what makes some of us extraordinary, and what of the extraordinary we all share.

Choosing Courage - Jim Detert 2021-05-18

An inspirational, practical, and research-based guide for standing up and speaking out skillfully at work. Have you ever wanted to disagree with your boss? Speak up about your company's lack of diversity or unequal pay practices? Make a tough decision you knew would be unpopular? We all have opportunities to be courageous at work. But since courage requires risk—to our reputations, our social standing, and, in some cases, our jobs—we often fail to act, which leaves us feeling powerless and regretful for not doing what we know is right. There's a better way to handle these crucial moments—and *Choosing Courage* provides the moral imperative and research-based tactics to help you become more competently courageous at work. Doing for courage what Angela Duckworth has done for grit and Brené Brown for vulnerability, Jim Detert, the world's foremost expert on workplace courage, explains that courage isn't a character trait that only a few possess; it's a virtue developed through practice. And with the right attitude and approach, you can learn to hone it like any other skill and incorporate it into your everyday life. Full of stories of ordinary people who've acted courageously, *Choosing Courage* will give you a fresh perspective on the power of voicing your authentic ideas and opinions. Whether you're looking to make a mark, stay true to your values, act with more integrity, or simply grow as a professional, this is the guide you need to achieve greater impact at work.

Dare to Lead - Brené Brown 2018-10-09

#1 NEW YORK TIMES BESTSELLER • Brené Brown has taught us what it means to dare greatly, rise strong, and brave the wilderness. Now, based on new research conducted with leaders, change makers, and culture shifters, she's showing us how to put those ideas into practice so we can step up and lead. Don't miss the five-part HBO Max docuseries *Brené Brown: Atlas of the Heart!* NAMED ONE OF THE BEST BOOKS OF THE YEAR BY BLOOMBERG Leadership is not about titles, status, and wielding power. A leader is anyone who takes responsibility for recognizing the potential in people and ideas, and has the courage to develop that potential. When we dare to lead, we don't pretend to have

the right answers; we stay curious and ask the right questions. We don't see power as finite and hoard it; we know that power becomes infinite when we share it with others. We don't avoid difficult conversations and situations; we lean into vulnerability when it's necessary to do good work. But daring leadership in a culture defined by scarcity, fear, and uncertainty requires skill-building around traits that are deeply and uniquely human. The irony is that we're choosing not to invest in developing the hearts and minds of leaders at the exact same time as we're scrambling to figure out what we have to offer that machines and AI can't do better and faster. What can we do better? Empathy, connection, and courage, to start. Four-time #1 New York Times bestselling author Brené Brown has spent the past two decades studying the emotions and experiences that give meaning to our lives, and the past seven years working with transformative leaders and teams spanning the globe. She found that leaders in organizations ranging from small entrepreneurial startups and family-owned businesses to nonprofits, civic organizations, and Fortune 50 companies all ask the same question: How do you cultivate braver, more daring leaders, and how do you embed the value of courage in your culture? In this new book, Brown uses research, stories, and examples to answer these questions in the no-BS style that millions of readers have come to expect and love. Brown writes, "One of the most important findings of my career is that daring leadership is a collection of four skill sets that are 100 percent teachable, observable, and measurable. It's learning and unlearning that requires brave work, tough conversations, and showing up with your whole heart. Easy? No. Because choosing courage over comfort is not always our default. Worth it? Always. We want to be brave with our lives and our work. It's why we're here." Whether you've read *Daring Greatly* and *Rising Strong* or you're new to Brené Brown's work, this book is for anyone who wants to step up and into brave leadership.

Brave, Not Perfect - Reshma Saujani 2019-02-05

INTERNATIONAL BESTSELLER • Inspired by her popular TED Talk, the founder and CEO of Girls Who Code urges women to embrace imperfection and live a bolder, more authentic life. "A timely message for

women of all ages: Perfection isn't just impossible but, worse, insidious."—Angela Duckworth, bestselling author of *Grit* Imagine if you lived without the fear of not being good enough. If you didn't care how your life looked on Instagram. If you could let go of the guilt and stop beating yourself up for making human mistakes. Imagine if, in every decision you faced, you took the bolder path? As women, too many of us feel crushed under the weight of our own expectations. We run ourselves ragged trying to please everyone, pass up opportunities that scare us, and avoid rejection at all costs. There's a reason we act this way, Saujani says. As girls, we were taught to play it safe. Well-meaning parents and teachers praised us for being quiet and polite, urged us to be careful so we didn't get hurt, and steered us to activities at which we could shine. As a result, we grew up to be women who are afraid to fail. It's time to stop letting our fears drown out our dreams and narrow our world, along with our chance at happiness. By choosing bravery over perfection, we can find the power to claim our voice, to leave behind what makes us unhappy, and to go for the things we genuinely, passionately want. Perfection may set us on a path that feels safe, but bravery leads us to the one we're authentically meant to follow. In *Brave, Not Perfect*, Saujani shares powerful insights and practices to help us let go of our need for perfection and make bravery a lifelong habit. By being brave, not perfect, we can all become the authors of our best and most joyful life.

Brave Like Me - Christine Peck 2021-09-07

The second in the Books of Great Character series, a brand new fictional picture book series geared for social-emotional growth! *Brave Like Me* is about having a fear and finding the courage to face it.

How To Be Brave - Louise Beech 2015-07-30

All the stories died that morning ... until we found the one we'd always known. When nine-year-old Rose is diagnosed with a life-threatening illness, Natalie must use her imagination to keep her daughter alive. They begin dreaming about and seeing a man in a brown suit who feels hauntingly familiar, a man who has something for them. Through the magic of storytelling, Natalie and Rose are transported to the Atlantic

Ocean in 1943, to a lifeboat, where an ancestor survived for fifty days before being rescued. Poignant, beautifully written and tenderly told, *How To Be Brave* weaves together the contemporary story of a mother battling to save her child's life with an extraordinary true account of bravery and a fight for survival in the Second World War. A simply unforgettable debut that celebrates the power of words, the redemptive energy of a mother's love ... and what it really means to be brave. 'It's a gentle book, full of emotion and it's similar in tone to *The Book Thief*, a book that Rose reads with a torch under the bedclothes.' *The Irish Times* 'Moving, engrossing and richly drawn, this is storytelling in its purest form ... mesmerising' Amanda Jennings 'An amazing story of hope and survival ... a love letter to the power of books and stories' Nick Quantrill 'Two family stories of loss and redemption intertwine in a painfully beautiful narrative. This book grabbed me right around my heart and didn't let go' Cassandra Parkin 'Louise Beech is a natural born storyteller and this is a wonderful story' Russ Litten 'Beautifully written, intelligent and moving, this book will stay with you long after you reach the end' Ruth Dugdall

[Tomorrow I'll Be Brave](#) - Jessica Hische 2018-10-16

Journey through the beautifully hand-lettered messages by award-winning illustrator Jessica Hische. This uplifting and positive book - now a *New York Times* best seller - encourages kids to promise that tomorrow, they will try new things, do their best, and be brave. Tomorrow I'll be all the things I tried to be today: Adventurous, Strong, Smart, Curious, Creative, Confident, & Brave. And if I wasn't one of them, I know that it's OK. Journey through a world filled with positive and beautifully hand-lettered words of wisdom, inspiration, and motivation. As this book reminds readers, tomorrow is another day, full of endless opportunities--all you have to do is decide to make the day yours. "Jessica Hische, one of the great designers and typographers, now shows herself equally adept at creating gorgeous and immersive images for young readers. This is a joyous burst of color."--Dave Eggers, author of *Her Right Foot*

[Brave Enough](#) - Nicole Unice 2015-07-15

Find the courage to be who you are—not who you wish you were. Is fear holding you back from becoming your best self? Does it add stress to your day and keep you up at night? What could be different if you let go and started living brave today? Bravery doesn't have to mean cliff diving out of your comfort zone. Life is about being brave enough—for yourself, for God, for your tasks, and for your calling—right where He's placed you. A brave-enough life is one lived fully and confidently, with your shoulders relaxed and free from the weight of responsibility and the burden of trying too hard. Nicole Unice, author of *She's Got Issues*, wants that life to become a reality for you. She challenges you to get real about where you are right now—the places where you feel too scared to change, too tired to endure, or too worried to let go. Through personal stories and practical application, Nicole will lead you on a journey to harness all of your misspent doubts, concerns, and fears—and discover what God is saying about who you can be. Don't miss the companion *Brave Enough DVD Group Experience* (UPC 031809201381)!

[Be Brave](#) - Summersdale 2020-01-09

A gleaming little gift book filled with encouraging quotes and supportive statements to help anyone persevere and prevail. Less fear. More fierce. Whatever challenges life sends your way, you need to know and nurture your inner strength. Packed with inspiring affirmations and courageous quotations from those who have dared to be audacious, this book will boost your self-belief and empower you to BE BRAVE.

[Be Brave](#) - Steph Clarkson 2019

[Have Courage!](#) - Cheri J. Meiners 2014-05-27

Help children develop the attitudes and skills of courage and assertiveness in order to make wise choices and work through challenges. Children learn to do what they think is right and be brave, even if it's hard. They learn to distinguish between expectations set by trusted adults and hurtful, wrong, or dangerous things adults or children might pressure them to do. The book also highlights trying new things, taking reasonable risks, and speaking up. Being the Best Me Series: From the author of the popular *Learning to Get Along®* books comes a

one-of-a-kind character-development series. Each of the first six books in the Being the Best Me! series helps children learn, understand, and develop attitudes and positive character traits that strengthen self-confidence and a sense of purpose. Each book focuses on a specific attitude or character trait—optimism, self-esteem, assertiveness, resilience, integrity, and forgiveness. Also included are discussion questions, games, activities, and additional information for adults. Filled with diversity, these social story books will be welcome in school, home, and childcare settings.

Be Brave in the Scared - Mary E. Lenaburg 2019-05-10

As a parent, do you struggle with trusting God's will for your life and for those you love? Are you tired and afraid? In *Be Brave in the Scared*, Catholic writer Mary Lenaburg shares how the overwhelming demands of caring for her severely disabled daughter ultimately taught her—and can teach you—that trusting in God and accepting his will can lead to profound joy, no matter what challenges you face. *Be Brave in the Scared* is an uplifting account of human frailty (and stubbornness) surrendered to faith. Lenaburg tells the heart-rending story of how caring for her severely disabled daughter affected her self-image, marriage, family life, and faith. Although she initially struggled to accept God's will and her own limitations, Lenaburg ultimately learned how to trust God. She found in that trust inexplicable joy, even during the most difficult days of her life. She writes boldly and authentically about challenges we all encounter, such as trials with control, blame, exhaustion, fear, and acceptance. Each chapter concludes with an invitation to write and a place for readers to express their thoughts and feelings. Lenaburg's extraordinary story affirms that God's redeeming love never fails and that he is there to help us through all of the challenges we encounter.

Bold - Shaun Smith 2011-04-03

More than ever before business success depends on standing out from the crowd and delivering authentic experiences that turn your customers into advocates for your business. *BOLD* tells the stories of 14 companies that prove that brand building is now about completely rethinking the customer experience and redefining the relationship you have with your

customers. Each inspiring story is told by the executives involved who were brave enough to pursue audacious goals, challenge industry norms and win. Winner of the E-book category of the CMI Management Book of the Year Awards (2011/12), *BOLD* puts the spotlight on Virgin Galactic, Innocent, O2, Air Asia X, Chilli Beans, Six Senses Resorts and Spas, Burberry, BBH, The Geek Squad, TNT Express, JCB, WWF, Umpqua Bank and Zappos.com. These inspiring case studies demonstrate that putting purpose before profit, going way beyond what customers expect and relentlessly differentiating themselves from everyone else - in other words, being bold in thought, bold in execution and bold in measuring their success in new ways - pays off.

The First Step to Being Brave - Jennifer Gaither 2022-08-15

Discover how to be as brave like a superhero to tackle on any new challenges head on What does it mean to be brave like a lion or your favorite superhero? No one is born being brave. In fact, bravery starts with recognizing your fear. It might sound funny, but bravery isn't something you have from the start. It's a little spot of courage that you build every day. This inspiring book will introduce concepts of bravery and fear and help kids overcome their worries and build confidence. Become unstoppable and watch your confidence soar when you learn how to overcome fear Bravery means facing what scares you the most and doing it regardless. Learn to channel your worries and fears into something beautiful and powerful. You can start off with small steps. Close your eyes, take a deep breath, and take your time. Everyone has something they fear, but it's all up to you to conquer yours. Your confidence will soar, and soon you'll be unstoppable! Bravery is your superpower, so stand tall and tackle on new challenges Being brave makes us strong. It might feel strange or uncomfortable at first. But as time goes on, soon you'll see that being brave feels good and ensures that you'll live up to be everything you ever dreamed! This is one of the best encouragement books for kids that want to grow resilient and stand tall in their shoes on the path to achieving their goals. Other books you may like Here, at Puppy Dogs & Ice Cream, we believe that children's books are more than just stories - they're vessels of inspiration,

education, and imagination. Read other best-selling children books from Puppy Dogs & Ice Cream like Fiona Flamingo, A Mother's Love, Zen Pig, The Snowman's Song, and Bug Soup.

[A Time to Be Brave](#) - Joan Betty Stuchner 2014-07-22

Previously published as Honey Cake. An approachable introduction to World War II for ages 7-10. David Nathan's home in Copenhagen has always been filled with laughter, family, and his father's famous pastries. But life has changed since Nazi soldiers arrived. Sweets are scarce. His parents are worried. And even though David wants to be brave, the soldiers and their new rules have made everyone nervous. Then one day, David is asked to keep a very special secret. It could get him into trouble . . . maybe even danger. But if David shows courage, this secret could save many lives. History Stepping Stones now feature updated content that emphasizes Common Core and today's renewed interest in nonfiction. Perfect for home, school, and library bookshelves!

You Can Be Brave - Sandrina Kurtz 2020-06-02

A Fun Story about Courage and Kids Dealing with Problems in a Healthy Way Part of a series about kids dealing with everyday hurdles and accomplishments, You're a Brave Kid!, thoughtfully written by Sandrina Kurtz, shows that problems are better solved when shared with loved ones. When Magnolia accidentally makes a small mess in the kitchen, it quickly escalates into a greater problem. The hilarious illustrations by John Kurtz show just how large a disaster Magnolia imagines it to be. Only by being brave does she realize it was never the big deal she worried it was. With a positive and reassuring message for all children, this is a fun and engaging book for parents and kids alike, to be enjoyed over and over.

[I Can Be Brave](#) - Holde Kreul 2020-05-26

An important story for young readers about being courageous and self-confident, even when you're scared. Self-confidence is something many children—and adults—struggle with. Many of us are afraid to try new things, ask questions when we're confused, and say no when everyone else wants us to say yes. When children believe in themselves, they're more likely to stand up to bullies and peer pressure, their outlook on life

is brighter, they are happier overall. In I Can Be Brave, young readers will meet a group of kids who have figured out a few things they like doing and, after some trial-and-error and overcoming their fears, are very proud of their individual accomplishments. Jumping off the diving board might be scary at first, but successfully completing a dive is something to be proud of! Building a tree house can be fun, even if you don't love being so far off the ground. Sometimes children may need a little boost of confidence or help from those around them to keep at it. Parents and friends can be encouraging by saying things like: "Do you believe you can do it?" "You can do it!" and "Let's try again!" Sometimes, as the children in I Can Be Brave learn, when they don't have enough confidence to do something alone—like go down a giant slide—they can muster the courage to do it anyway with a close friend at their side. I Can Be Brave encourages young readers to invest time in new activities, believe in themselves, accept encouragement from others, voice their insecurities, and ask for help when they need it.

Train the Brave - Margie Warrell 2019-03-18

What would you do today if you were being brave? Courage begets courage. It's a habit. Doing something brave everyday - no matter how small - unlocks new possibilities, opportunities and pathways to thrive in your work, relationships and life. Drawing on her background in business, psychology and coaching, best-selling author Margie Warrell guides you past the fears that keep you from making the changes to create your ideal life. In today's uncertain times, fear can unconsciously direct our lives. Start small, dare big, and begin today to live with greater purpose, courage and success. Originally published in 2015 as Brave, this book has been reviewed and redesigned to become part of the Wiley Be Your Best series - aimed at helping readers achieve professional and personal success.

Eat Cake. Be Brave. - Melissa Radke 2018-07-17

From the star of USA reality show The Radkes and creator of the viral "Red Ribbon Week" video, this is a hilarious and inspiring story of finding self-confidence in a world of naysayers. My name is Melissa Radke, and there is a very real chance you have no idea who I am or why I wrote a

book. But admit it, you're curious! Even though millions of people seem to like watching my videos and The Radkes TV show bemoaning the trials of parenting, marriage, French braiding, faith, and living life as an anti-aging female, you may still be wondering who let me write a book. I mean, books are written by people who say things like, "I was having a root canal and I literally died in the chair. I saw heaven. Also, when I came back to earth I could speak Mandarin." Yeah, that didn't happen to me. I wrote this book because when I turned 41 I made the decision to live brave, bolder, and freer. I thought our lives were supposed to change when we turned 40. But mine changed when I turned 41 and I set out to prove that it wasn't too late for me. And maybe, just maybe, reading about my journey to find my sense of self-worth will help you rightfully believe in yours. This book is about how all the years of my life led up to the one that changed it. So, cut a big slice and raise a fork...Here's to bravery. Here's to courage. Here's to cake. (And not the crappy kind, like carrot.)

The Courage Habit - Kate Swoboda 2018-05-01

What kind of life would you live if you didn't allow your fears to hold you back? The Courage Habit offers a powerful program to help you conquer your inner critic, work toward your highest aspirations, and build a courageous community. Are your fears preventing you from living the life you truly want? Do you ever wish that you had a better job, lived in a different city, or had more authentic and nurturing relationships? Many people believe that they would do more, accomplish more, and feel more fulfilled if only they could rid themselves of that fearful inner voice that constantly whispers, "you can't do it." In The Courage Habit, certified life coach Kate Swoboda offers a unique program based in cognitive behavioral therapy (CBT) and acceptance and commitment therapy (ACT) to help you act courageously in spite of fear. By identifying your fear triggers, releasing yourself from your past experiences, and acting on what you truly value, you can make courage a daily habit. Using a practical four-part program, you'll learn to understand the emotions that arise when fears are triggered, and to pause and evaluate your emotional state before you act. You'll discover how to listen without attachment to

the self-defeating messages of your inner critic, understand the critic's function, and implement respectful boundaries so that your inner voice no longer controls your behavior. You'll reframe self-limiting life narratives that can—without conscious awareness—dictate your day-to-day decisions. And finally, you'll nurture more authentic connections with family, friends, and community in order to find support and reinforce the life changes you're making. If you feel like something is holding you back from landing your dream job, moving to a new city, having a satisfying love relationship, or simply taking advantage of all life has to offer—and if you have a sneaking suspicion that that something is you—then this one-of-a-kind guide will show you how to finally break free from self-doubt and start living your best life.

Three Ways to Be Brave - Karla Clark 2021-09-28

Three stories of triumph combine to empower young readers to look inward for strength and create their own definition of bravery. Told in gentle, rhyming couplets, this collection of stories presents relatable moments of unease and the strength found in conquering fears. A roaring nighttime thunderstorm, the first day of preschool, and a doctor's visit, in turn, encourage young readers to forge their own paths of strength in times of distress. Illustrated in rich, emotional scenes that depict vignettes of daily life, this book provides comfort and empowerment for resilience and resolution.

Help Her Be Brave - Amy Ford 2021-01-05

Discover your place in the pro-life movement. What if we lived in a world where every woman with an unplanned pregnancy always felt empowered to choose life for her unborn baby? To create that kind of change, it will take all of us. As the church, we can play a powerful role in making abortion unthinkable. With Help Her Be Brave, you can discover your part in saving lives and find your pro-life passion. This includes how to: Learn practical ways to get involved using your unique gifts and talents Find women with unexpected pregnancies and connect them to support Use your influence and be a voice for the voiceless Make your church a refuge for abortion vulnerable women If abortion became illegal today, the church isn't ready to help women practically, spiritually

and emotionally. It's time to change that. We can't look away any longer. This is our moment for us to stand up and help her be brave.

We Had to Be Brave: Escaping the Nazis on the Kindertransport (Scholastic Focus) - Deborah Hopkinson 2020-02-04

Sibert Honor author Deborah Hopkinson illuminates the true stories of Jewish children who fled Nazi Germany, risking everything to escape to safety on the Kindertransport. An NCTE Orbis Pictus recommended book and a Sydney Taylor Book Award Notable Title. Ruth David was growing up in a small village in Germany when Adolf Hitler rose to power in the 1930s. Under the Nazi Party, Jewish families like Ruth's experienced rising anti-Semitic restrictions and attacks. Just going to school became dangerous. By November 1938, anti-Semitism erupted into Kristallnacht, the Night of Broken Glass, and unleashed a wave of violence and forced

arrests. Days later, desperate volunteers sprang into action to organize the Kindertransport, a rescue effort to bring Jewish children to England. Young people like Ruth David had to say good-bye to their families, unsure if they'd ever be reunited. Miles from home, the Kindertransport refugees entered unrecognizable lives, where food, clothes -- and, for many of them, language and religion -- were startlingly new. Meanwhile, the onset of war and the Holocaust visited unimaginable horrors on loved ones left behind. Somehow, these rescued children had to learn to look forward, to hope. Through the moving and often heart-wrenching personal accounts of Kindertransport survivors, critically acclaimed and award-winning author Deborah Hopkinson paints the timely and devastating story of how the rise of Hitler and the Nazis tore apart the lives of so many families and what they were forced to give up in order to save these children.