Kids:

Sometimes life really sucks.

Things go wrong with friends (you feel lonely, left out, have a fight or are getting bullied).

Things go wrong with family (your parents make you do boring stuff, don’t let you do things, your siblings make you mad).

Things go wrong with life (you can’t sleep, someone you love died, your parents are splitting up). And sometimes you just feel sad, worried a lot or really, really mad.

This book has stories about real kids who have gone through this stuff too. And it has ideas for what to do when you are going through hard stuff or feeling bad about life.

Parents:

This book will help your 8-13 year old child know they are normal, increase their resilience and teach them how to cope – calmly and confidently with all life throws at them. They can read it themselves or you can read it with them and use as a discussion starting point.

About Kirrilie: Kirrilie is a clinical psychologist specialising in working with kids and teens. She has worked with hundreds of families over the last 20 years and presents seminars to schools across Australia.

Praise for Kirrilie’s previous book: When Life Sucks for Teens:

“Incredibly insightful, intelligent and relevant” (Justine, Parent).

“Bravo! Practical, Readable and helpful” (Emma Reiger, Teacher)

“Loved it. Know I’m not alone. Very, very helpful” (Katie, Teen)