

Review of the book *I Like Being Me: A Child's Guide to Self-Worth* by Poppy O'Neil

Pippa
Aged 10

I Like Being Me is a book to help children believe in themselves and like themselves. I enjoyed the book because it was interactive and fun. The book encouraged me to be kind to myself and not to worry about what others think about me. There are lots of activities in the book, but the one I found most helpful was the idea of giving the 'Inner Meanie' a name that made it sound gentle or pathetic. I felt this was smart, as it would help for people to realise that they don't have to listen to it, and that it's not as scary as it sounds.

In the book, you are guided by Coco through different activities. My favourite part was how they only referred to Coco and Coco's friends as their names, not their genders. I found this very inclusive. The book was very easy to read and follow, as it has titles for each section, which shows you what the next part is about. Everything is laid out clearly, and it was easy to find what you were looking for. I think that if some bits were coloured in it might be more appealing to younger kids, but that's only a minor thing, and the book is great as it is.

I think other children would really like this book as it has many illustrations and lots of activities. However, it also has many ways to help, and comfort you, such as encouraging you to be kinder to yourself, and giving you suggestions of how to deal with any bad thoughts.

As the book has many great ways to help, and ideas of how to deal with problems, I think adults should also read this book if they want to help other children. At the beginning, it has a page of advice for adults, which I think would be very helpful for the adults to understand the book, and what their child is dealing with. I think that adults could sit by their children whilst they are reading the book and maybe say ways of how they might use these methods at home to help their kids. (If their child wants to.)

Overall, I would recommend this book to children who are suffering with their thoughts around what perfection is and those who think they need to change the way they are because of what others think. This book will give you the confidence to be yourself and be proud of who you are!



*Copyright: © 2023 by the authors.
This article is an open access article
distributed under the terms and
conditions of the Creative Commons
Attribution (CC BY) license ([https://
creativecommons.org/licenses/by/4.0/](https://creativecommons.org/licenses/by/4.0/)).*