

## **Book Reviews**

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### **Who cares about feeling good?**

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The Who Cares? Trust.

London, The Who Cares? Trust, 2008. 41pp, ISBN 1903239281

£5.45

This is quite a small book with loads of pictures and it is also quite colourful. It's not even like a book really because it looks like a set of big postcards that have been put together with a wire binder. It is written for kids in care and I thought it was quite good. It is about feeling good about yourself. It explains some things like 'self-esteem' and 'confidence' in an easy way. The other thing it does is that it talks about stress and bullying and self-harm. I know a lot of kids who get affected by things like that and I think a book like this could help them to see that they aren't the only ones.

I liked the way it had some quizzes you could do, and I also liked the little sections with tips to help you if you are feeling down. Some of it is written like you would see in a problem page in a magazine with a question and an answer. I think that makes it real. One of the best things was poems by some kids in care. It finishes off with a 'feeling good' plan that you can write yourself. It had some good websites and helplines at the very end as well. I think this is a good book and I think it would be great if every kid was able to get one. They aren't very expensive and you can buy them cheaper if you buy them in bulk. If you buy 20 of them, you get them for a pound cheaper. I got to keep this one because I wrote this and I know I'll use it and tell other kids about it as well. You can order the book from their website which is [www.thewhocarestrust.org.uk/publications.php](http://www.thewhocarestrust.org.uk/publications.php)

**Robyn Willis**

Young person