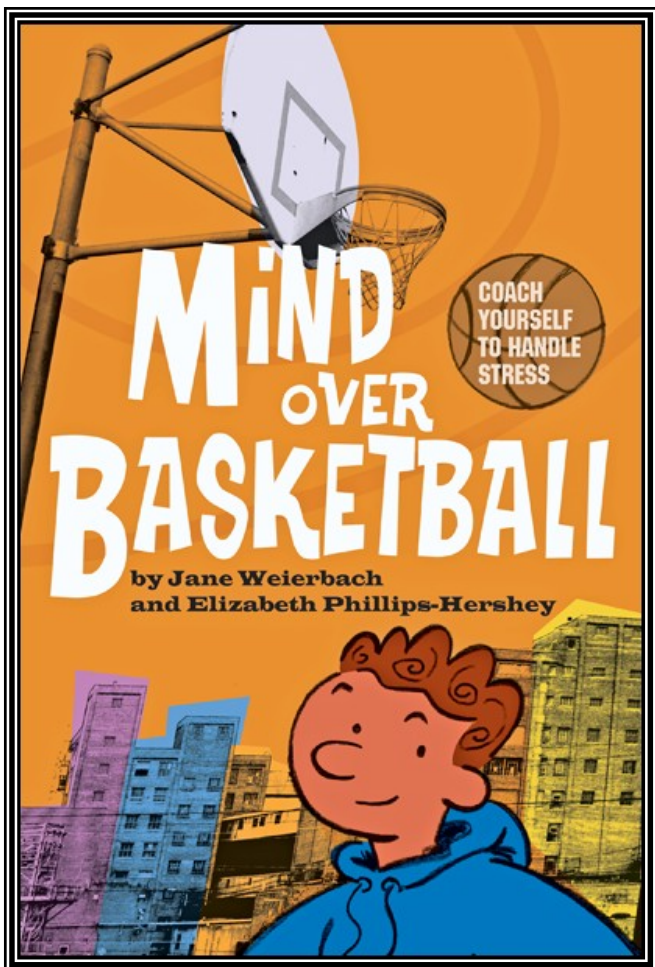




## Self-Help Books for Kids...and the Adults in Their Lives



### Mind Over Basketball *Coach Yourself to Handle Stress* By Jane Weierbach, PhD, and Elizabeth Phillips-Hershey, PhD

Tuck is stressed out. His parents are divorced, he misses his father, and he has moved to a new house and school. When he decides to try out for the basketball team, the neighborhood boys won't let him use 'their' court to practice. With so many problems, Tuck is having a hard time feeling confident and dealing with his upsets. Then Walton shows up. Taking on the role of coach, Walton teaches Tuck not only how to play better basketball but also how to manage his anxiety and self-doubt. Soon Tuck is feeling in control of his life and focusing his energy on what he loves most...basketball!

Using a positive, interactive, Mindfulness Based Stress Reduction approach, this book includes a high-interest chapter book and informative coaching guides with skills-training exercises for readers ages 8 to 14. Mindfulness and cognitive skills included are designed to teach kids to focus on now, use the breath to keep their cool, make choices that work, focus on the things that deserve attention, re-direct worries, and use rational and positive self-talk. Ideal for use with kids by parents, teachers, therapists, guidance counselors, and coaches, this book can be used as a text for small groups, classrooms, and counseling sessions.

Hardcover: \$14.95  
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## About the Authors

**Jane Weierbach**, PhD, is a psychologist and play therapist who specializes in stress reduction work with children, adolescents, and families. She uses the tools depicted in *Mind Over Basketball* with both kids and adults in her group and family work. She also teaches other professionals who work with children various methods to help kids focus and be calmer. To de-stress herself, Dr. Weierbach practices yoga and pilates every day. She also enjoys coaching basketball, teaching yoga to kids, skiing and other outdoor adventures with her family. She is a lifetime NBA basketball fan and Big Ten college football fan.

**Elizabeth Phillips-Hershey**, PhD, has taught graduate courses in school counseling and undergraduate courses in child and adolescent development. As a counselor in private practice, administrator of Pupil Services, and a high school counselor in Pennsylvania, she was a practitioner and proponent of stress-reduction and conflict-resolution programs. Dr. Phillips-Hershey practices yoga and walks every day and also enjoys sailing, skiing, and reading.

## About the Illustrator

**Charles Beyl** creates humorous illustrations for books, magazines, and newspapers from his studio high atop an old Pennsylvania farmhouse. He is surrounded by his family and his personal assistant, Iris, a six-year-old black Labrador.

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