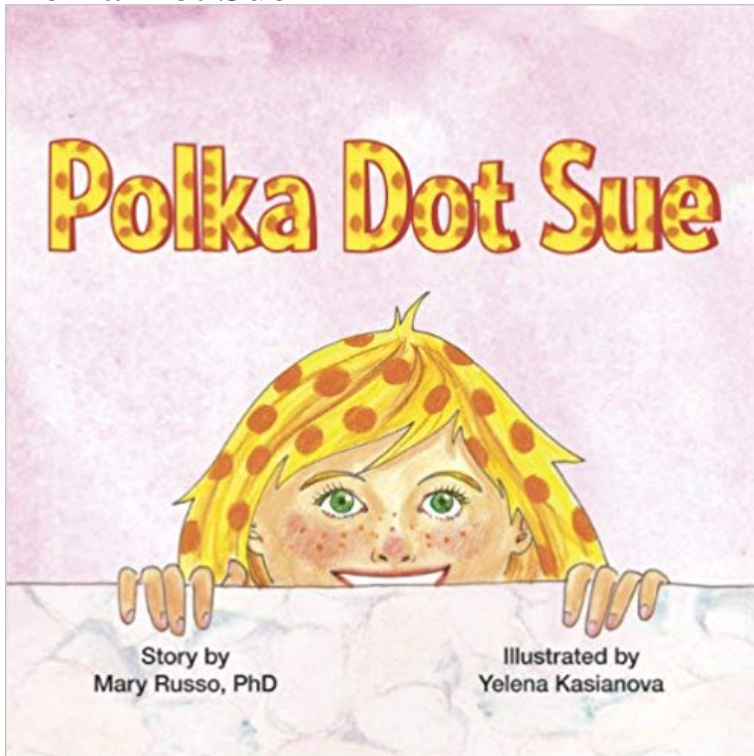


Polka Dot Sue



Polka Dot Hair Girl Teaches Lesson of Self-Esteem
Extraordinary girl and her special dog share self-empowerment in colorful new childrens book. San Jose, CA
The new childrens book by Mary Russo, PhD; skillfully shares practical advice for the young reader with the use of a fanciful character named Polka Dot Sue. This story encourages a sense of self-acceptance and pride despite obstacles, thus showing a sense of self-empowerment can arise all from believing in one-self. Feeling sad and ashamed leads to feelings of depression and anxiety, thus fostering feelings of poor self-esteem and making one prone to think in a distorted way, Russo writes. Poor self-esteem clouds ones identity and may lead to feeling ashamed and sad. Accepting ourselves for who we are despite what others may think or say, gives one a greater sense of self and better equipped to tackle lifes events. Polka Dot Sue is the story of a young girl with polka dot hair, who takes great pride in who she is and conveys this pride with her enjoyment of clothing herself handsomely each day. The story gives a child the sense of self acceptance and pride to show others that a deep sense of self-empowerment come from believing in one self despite obstacles. With the color-emotion awareness, another sense of expressiveness, it encourages the young reader to understand more about feelings with color and self-expression. Also the days of the week provide a framework, which gives an opportunity for more fundamental growth. With illustrations by Yelena Kasianova., the story is brought to life and the positive messages are conveyed in this colorfully, illustrated, deeply enchanting new childrens book.

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Kindle edition by Mary Russo, PhD. Children Kindle 0 Comments. Sue Heck (Eden Sher) wears this pink and white polka dot sweater in this weeks epsiode of The Middle. It is the Forever 21 Polka Dot Sweater. **FEATURED BOOK: Polka Dot Sue by Mary Russo, PhD Childrens** Dec 28, 2015 My lawyer, David Yerushalmi of the American Freedom Law Center, recently apprised me of this lawsuit that had been filed against me by **Susan Graver Womens Regular Polka Dot Knit Tops & Blouses eBay** Polka dot playsuit Button up front Shaping seams Twin front pockets Belt tie at waist Adjustable straps Available in Black & White Lined 100% Rayon **Images for Polka Dot Sue** Simple and stylish but vintage RETRO dress by Designer SUE WONG - size 6 Black/white polka dots - shoe string type tie shoulder ties - really mostly strapless **Polka Dots Boutique - Home Facebook** Polka Dot Rubber Stamp Measures approx. 5-3/4 x 4-1/2 Embossing velvet is a fantastic way to add textural depth and interest to your work. This quick textural **Polka dot jasper necklace by Sue Horine Bead art of Sue Horine** Emmy is rockin the polka dot life jacket during her first every swim lesson. She did so great. **Susan Graver Cool Peach Polka Dot Shirt with Ruched Sleeves** : Ghost in the Polka Dot Bikini (A Ghost of Granny Apples Mystery) (9780738713823): Sue Ann Jaffarian: Books. **Sue Polka Profiles Facebook** Order Polka Dot Posies Bouquet from SUES HOUSE OF FLOWERS AND FRAME SHOP - Hazlehurst, GA Florist & Flower Shop.

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