



# Don't Put Yourself Down in Circus Town: A Story About Self-Confidence

*Frank J. Sileo*

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In *Don't Put Yourself Down in Circus Town*, children will hear how Ringmaster Rick fosters confidence in Lion Tamer Larry, Polka Dot Patti, Juan, and Juanita by discouraging negative self-talk and put-down statements, by encouraging them to be persistent and ask for help, and by focusing their effort, not results. With practice and time, they learn to bounce-back from mistakes and mishaps and feel more confident!

Contains a Note to Parents by Frank J Sileo, PhD.

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