Julia Cook, M.S. is a national award-winning children’s author, counselor, and parenting expert. She has presented in thousands of schools nationally and internationally, regularly speaks at education and counseling conferences, and has published children’s books on a wide range of character and social development topics. The goal behind Cook’s work is to actively involve young people in fun, memorable stories and teach them to become lifelong problem solvers. Inspiration for her books comes from working with children and carefully listening to counselors, parents, and teachers, in order to stay on top of needs in the classroom and at home. Cook has the innate ability to enter the worldview of a child through storybooks, giving children both the “what to say” and the “how to say it.”

NEW RELEASES

I’m Stretched!
Written by Julia Cook
Illustrated by Stephanie Dehennin
Henrietta is feeling S-t-r-e-t-c-h-e-d. Homework, sports, family, friends...and her hedgehog, Happy, won’t eat. As the stress grows, Henrietta talks to her mom who shares several tricks to help find her calm, become more mindful, know when to say no, and create an action plan to get everything done.

Bully B.E.A.N.S.
Written by Julia Cook
Illustrated by Tammy Lyon
Updated artwork and shorter story! Maxine likes to pick on kids...especially Winston. The other kids don’t like the way Maxine treats Winston, but are too afraid to do anything about it, until they discover Bully B.E.A.N.S. Now they know the power of their own voice and how to use it effectively when standing up against bullying.

Bully B.E.A.N.S. Activity Book
Updated artwork! The perfect companion to Bully B.E.A.N.S. This workbook offers teachers and students “hands on” activities that explore the dynamics of bullying and teach them how to prevent it.
**Anger, Bullying, & Conflict**

**Bully B.E.A.N.S.**
Written by Julia Cook
Updated artwork and shorter story! Maxine likes to pick on kids...especially Winston. The other kids don't like the way Maxine treats Winston, but are too afraid to do anything about it, until they discover Bully B.E.A.N.S. Now they know the power of their own voice and how to use it effectively when standing up against bullying.

**Bullying Activity Book**
Updated artwork! The perfect companion to Bully B.E.A.N.S. This workbook offers teachers and students "hands on" activities that explore the dynamics of bullying and teach them how to prevent it.

**Soda Pop Head**
*Julia Cook*
Lester is a Soda Pop Head! He has a hard time controlling his anger, until his dad figures out how to help him. This book takes an empathetic, yet powerful look at anger management in a fun way!

**Anxiety & Worry**

**Wilma Jean the Worry Machine**
*Julia Cook*
This fun and humorous book addresses the problem of childhood anxiety and offers creative strategies for parents and teachers to use that can lessen its severity. The goal of the book is to give children the tools needed to feel more in control of their anxiety. For those worries that are not in anyone’s control (i.e. the weather) a worry hat is introduced.

**Wilma Jean Activity and Idea Book**
Offers creative anxiety reduction strategies, and gives children the tools they need to feel more in control of their anxiety! Full of discussion questions, worksheets, and exercises.

**I'm Stretched!**
*Julia Cook*
Henrietta is feeling St-r-e-t-c-h-e-d. Homework, sports, family, friends...and her hedgehog, Happy, won’t eat. As the stress grows, Henrietta talks to her mom who shares several tricks to help find her calm, become more mindful, know when to say no, and create an action plan to get everything done.

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BEHAVIOR ISSUES

My Mouth Is A Volcano
Julia Cook
Louis always interrupts! His words rumble and grumble until he ERUPTS (or interrupts). But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. A witty technique to help children manage their thoughts and words without interrupting.

My Mouth is a Volcano Activity and Idea Book
Through engaging discussion questions, activities, and exercises, teach children the value of respecting others by listening and waiting for their turn to speak.

Personal Space Camp
Julia Cook
Louis, a “space expert”, is invited to Personal Space Camp by the school principal. Louis soon discovers that he has much to learn about personal space and the complex issue of respect for another person’s physical boundaries.

Personal Space Camp Activity and Idea Book
Questions and exercises to teach the concept of personal space and respecting others’ feelings by giving them the “room” they need. Full of discussion questions, worksheets and activities.

Ricky Sticky Fingers
Julia Cook
Ricky can’t seem to figure out that stealing is wrong. Through a whimsical story, children learn the concept of ownership and how it feels when someone doesn’t respect what is yours.

It’s Hard To Be A Verb
Julia Cook
Being a verb is hard! Especially for Louis, who can’t seem to control himself when he gets the urge to move at the wrong time and situation. Louis’s mom teaches him techniques to keep his inner itching, switching, and jumping in check. A positive resource for anyone touched by ADHD.

It’s Hard To Be A Verb Activity and Idea Book
Activities to improve focus and organizational skills both in and out of the classroom. Full of discussion questions, worksheets, and activities.

A Bad Case of Tattle Tongue
Julia Cook
No one likes “Josh the Tattler” because he tattles too much. One night he wakes up to find his tongue is long, yellow, and covered in purple spots! Teaches children the differences between talking and the need to warn others.

A Bad Case of Tattle Tongue Activity and Idea Book
The perfect companion to A Bad Case of Tattle Tongue. Help children become effective problem solvers and improve relationships with peers. Full of discussion questions, exercises and worksheets.

Lying Up a STORM
Julia Cook
Whenever Levi doesn’t like the truth, he kind of, sorta makes up other stuff to say. This book will help children understand the consequences of telling a lie and explains how lying can be a natural and sometimes healthy response. Tools are provided to help guide children toward truthfulness.
Winners Don't Whine and Whiners Don't Win
A Book about Good Sportsmanship
Julia Cook
Wendall’s mom helps him understand that everything doesn’t have to be a contest, and losing does not make you a loser. In fact, it can make you stronger! Winning isn’t everything and whining just makes it worse.

The “D” Word (Divorce)
Julia Cook
Ovi’s perfect family changes as soon as his parents say they are getting divorced. At first he blames himself. With the help of his Gram, Ovi learns about the Three Cs of Divorce. I didn’t CAUSE it, I can’t CONTROL it, so I’m going to have to learn to COPE with it!

The “CAN” in Cancer
Julia Cook
Eli is a young boy who finds out he has cancer. This creatively written book of hope follows Eli’s journey through the eyes of the patient, parents, siblings, teachers, health care providers, and friends. A must-read for all who are searching for their “CAN” in cancer.

I am a Booger, Treat Me with Respect
Julia Cook
Boogie the booger teaches the healthy way to blow your nose using a Booger Ghost. Boogie knows that most people think he’s gross, but he doesn’t feel bad because he keeps us from getting sick! He’s a true defender just asking for a little respect.

Melvin the Magnificent Molar
Julia Cook, Laura Jana
Meet Melvin, the lovable tooth. By promoting brushing, flossing, and regular visits to the dentist, Melvin shows readers, young and old, how to make sure they will have happy teeth and healthy smiles that will last a lifetime!

It’s You & Me Against The Pee...& The Poop, Too
Julia Cook, Laura Jana
Stanley is way too busy playing to stop and use the potty. This fun and colorfully illustrated book will turn all kids into Potty Experts, while providing grown-ups with an important reminder that potty learning can and should be a team effort.
How To Be Comfortable In Your Own Feathers
Julia Cook
Wanting to flutter like the petite Hummingbird, Bluebird takes on unhealthy eating habits. Bluebird learns balance and how to control the Food Voice living inside with help from Mom, the Bird Doc, and the Food Voice Counselor. For children who may be struggling with body image.

MINDFULNESS & GROWTH MINDSET

Be Where Your Feet Are!
Julia Cook
Each day, there are many so things to think about. Getting ready for school, turning in homework, band solo tryouts, soccer practice...and it’s a long way from your head to your feet. Reinforces the concepts of mindfulness and being present in a fun way children will remember.

Bubble Gum Brain
Ready, Get Mindset...GROW!!
Julia Cook
Bubble Gum Brain shows Brick Brain how to peel off his wrapper and learn new things by not being afraid to make great mistakes. This creative story teaches children (and adults) the valuable lesson that “becoming is better than being!”

Bubble Gum Brain Activity and Idea Book
Full of fun activities and questions meant to stretch brains and engage minds. Reinforces growth mindset concepts in creative and memorable ways. Through activities and conversation starters, better understand the “Power of Yet”, making mistakes, and expecting the best from ourselves.

SADNESS, GRIEF, LOSS, & SUICIDE PREVENTION

A Flicker of Hope
Julia Cook
All Little Candle can see is darkness, but someone notices she needs a boost of hope. As she is reminded she has purpose and her own unique gifts, her dim light begins to shine brighter. This hopeful story emphasizes the many different ways to ask for help, and how to be a hope builder for others, too.

Straight from the Horse’s Mouth
Julia Cook
Horses can help people fix ANYTHING! Archie is not your average horse. He helps people get rid of their flies...you know, the things that bug us! This creative book for all ages takes a look at the power of horse therapy for helping people heal on the inside.
Grief is Like a Snowflake
Julia Cook
Everyone shows grief differently. With the help and support of his family, Little Tree learns to cope with his father’s death by discovering what is really important in life, and how his father’s memory will carry on. Offers a warm approach to the difficult subject of death and dying.
GR K-2
9781931364780
B050-01
PAPERBACK
9" x 11"
32 PAGES
$9.95
20/CASE

Grief is Like a Snowflake Activity and Idea Book
Offers activities that explore what grief is, how to personalize it, and how to endure it. Full of discussion questions, worksheets, and exercises.
GR K-2
9781931365335
B033-01
PAPERBACK
8.5" x 11"
24 PAGES
$9.95
20/CASE

Blueloon
Julia Cook
Meet Blueloon – a sad little balloon who is suffering from depression. With help from the wise rock, Blueloon learns what he can do to “bounce back” to being the way he used to be – bright, round, and full, with a very straight string!
GR K-2
9781937820041
B108-01
PAPERBACK
9" x 11"
32 PAGES
$9.95
20/CASE

Blueloon Activity and Idea Book
This activity book offers processing tools and strategies to help children and parents cope with childhood depression. Full of discussion questions, activities, and exercises to share with students.
GR K-2
9781937870140
B109-01
PAPERBACK
8.5" x 11"
28 PAGES
$9.95
24/CASE

The Ant Hill Disaster
Julia Cook
After a disaster destroys his school, a little ant is afraid to return. Thoughtfully addresses fears associated with both natural and man-caused disasters and models effective parenting and teaching responses. Children learn they can stand strong, even in uncontrollable events.
GR K-3
9781931366834
A411-01
PAPERBACK
9" x 8"
32 PAGES
$9.95
20/CASE

The Bubble Wrap Queen
Julia Cook
Teaches the key B.A.S.I.C.S. of injury prevention (Be Aware and Safe in Common Situations) to creatively address playground safety, poison control, automobile safety, bicycle safety, and more.
GR K-3
9781937870172
B155-01
PAPERBACK
9" x 8"
32 PAGES
$9.95
20/CASE

I’m Not Scared, I’m Prepared!
Julia Cook
The teacher at the Ant Hill School teaches her students what to do if a “dangerous someone” is in their school. This book will enhance the concepts taught in the ALICE Training Institute, and make them applicable to children of all ages in a non-fearful way.
GR K-UP
9781937802087
E042-01
PAPERBACK
9" x 9"
28 PAGES
$9.95
20/CASE

I’m Not Scared, I’m Prepared! Activity and Idea Book
This guide book offers grief facilitators, counselors, educators, and parents “hands on” activities that explore concepts taught by the ALICE Training Institute. Full of discussion questions, activities and exercises to share with students.
GR K-UP
9781937803017
E477-01
PAPERBACK
8.5" x 11"
24 PAGES
$9.95
24/CASE

Smarter than the SCOOPERS
Keeping Your Child Safe from Predators
Julia Cook
SCOOP is an acronym for the five personal safety strategies: be Smart, use your Call list, zero talking to strangers, keep strangers Out of your personal space, and always Pair up.
GR K-3
9781937800722
B153-01
PAPERBACK
9" x 8"
32 PAGES
$9.95
20/CASE

The Kid Trapper
Julia Cook
This book addresses the extremely sensitive issue of child molestation and presents it in a way that gives the victim power and strength. Includes important statistics, how to spot a child molester, traps often used by predators, and things children may hear from a sexual predator.
GR 3-9
9781931365675
A763-01
PAPERBACK
9" x 8"
32 PAGES
$9.95
20/CASE

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I Can't Find My Whatchamacallit
Julia Cook
After Cleatus's mom refuses to let him play with Bocephus until his room is cleaned, Bocephus steps in to help out his disorganized cousin. This book guides children and adults through the organizational process by providing creative planning and organizing advice.

Planning Isn't My Priority
...and Making Priorities Isn't In My Plans
Julia Cook
While working on a science fair project, Cleatus and Bocephus learn to appreciate each other's strengths and weaknesses. Creativity needs structure and structure needs creativity—both need to know how to plan and prioritize.

Techno Smart Activity & Idea Book
Julia Cook
Increase communication skills while teaching boundary recognition. Learn digital citizenship by teaching the etiquette of using technology effectively. Full of discussion questions, worksheets, and activities.

Study Skilled... NOT!!
Julia Cook
Bocephus over-studies and stresses, while Cleatus studies as little as possible. After Cleatus' mom introduces them to “The Amazing Great 8!”, the boys learn how good study skills can affect not only their grades, but also their attitudes and results.

The Anti-Test Anxiety Society
Julia Cook
To Bertha Billingworth, the word test stands for Terrible Every Single Time! Her teacher explains the Dynamic Dozen (12 amazing test-taking strategies), and convinces her to use her “GET TO” brain instead of her “HAVE TO” brain. Now, the Terrible now stands for Terrific!

But It's Just A Game
Julia Cook
Video game addiction is on the rise, but can be prevented. Teaches both children and adults to switch out their game controller for a “life controller.” Tips in the back explain technology addiction and why it is important to set limits and boundaries.

Cell Phoney
Julia Cook
Joanie Maloney finally gets her very own cell phone! Along with Joanie, children will learn the six rules of cell phone usage designed to keep them safe and from hurting others. By knowing the rules, children can become masters of their cell phones and avoid becoming a “Cell Phoney!”
**Transitions & Tough Situations**

**Jumping Into Kindergarten**
Julia Cook, Laura Jana

Follow Roo as he figures out how to use his amazing “OII” (pronounced key) skills: ME, WHY, WILL, WIGGLE, WOBBLE, and WHAT IF. Includes tips for home and classroom, and highlights the connection between everyday behaviors and the development of life skills.

**Deployment**
One of Our Pieces is Missing
Julia Cook

A family must learn to stretch and adapt after Dad is deployed and as he settles back into the family frame when he returns. Helps children process questions and feelings, and be equipped with ways to discuss the highs and lows of deployment.

**Don’t Be Afraid to Drop**
Julia Cook

Boy Raindrop is afraid to let go of his cloud and drop to the ground. He doesn’t like change or risks, and is happy with life. His father encourages him to jump out of his comfort zone and see what he is missing. For anyone who is at a transitional point in their life.

**What Do I Say About That?**
...Coping with an Incarcerated Parent
Julia Cook

When a loved one is sentenced to prison, the emotional turmoil is difficult for everyone. Looks at the struggles facing the child of an incarcerated parent and helps gain insight to the healing and coping process.

**Foster Care**
One Dog’s Story of Change
Julia Cook

Foster and his friends all have different circumstances which brought them to foster care. As they talk through their stories, they realize this is where they need to be for now. Encourages children entering or already in foster care and helps them understand they are not alone.

**General Counseling**

**What Shoes Will You Wear?**
Julia Cook

Myrtle and Eyrie’s father uses their love of shoes to encourage the young twins to start thinking about future careers. Explore the skills needed for any career: responsibility, self-confidence, integrity, punctuality, and teamwork. Career clusters are presented.

**What Shoes Will You Wear Activity & Idea Book**

Full of activities and worksheets, this fun book assists children in starting on the pathway of being college and career ready.
I'm Your Flag, So Please Treat Me Right
Julia Cook
Expects through the eyes of
the American flag what the red,
white, and blue stand for, and
what the flag means to all Americans. This historical
and colorful story will help people of all ages better
understand the value of our beautiful flag.

My Mom Thinks She's My Volleyball Coach, But She's Not!
Julia Cook
For those of us who cross
the line between supportive fan
and obnoxious spectator. This book will serve as a
gentle and hilarious reminder that Coaches Coach,
Officials Officiate, Players Play, and Parents Parent
(care, hug, encourage, help transport, and feed).

ALSO AVAILABLE BY JULIA COOK

I Just Don't Like the Sound of No! My Story About Accepting 'No' for an Answer and Disagreeing the Right Way
Julia Cook
"NO" is RJ's least favorite word. Includes tips on
how to teach and encourage kids to use the skills of accepting "No" for an answer and disagreeing appropriately.

I Just Don't Like the Sound of No! Activity Guide
Julia Cook
Provides instructions, lists of materials, activity variations and extensions, worksheets, and praise coupons that can be used to reward students who demonstrate good listening and following instructions skills. Includes reproducibles.

I Can't Believe You Said That!
My Story About Using My Social Filter... or Not
Julia Cook
RJ always says what he thinks, no matter how it
sounds or makes others feel. RJ learns he doesn't
have to verbalize every thought that pops into his head.

I Can't Believe You Said That! Activity Guide
Julia Cook
20+ activities allow students to visualize what a social filter is and practice using filters. Provides instructions, lists of materials, and activity sheets. 16 reward coupons can be used to recognize students who demonstrate the skills correctly. Includes reproducibles.

The Great Compromise
Julia Cook
Cora June and her classmate, Wilson, are locked in a
duel of wits. Can these two opinionated, wanna-be leaders compromise or agree to anything? Using rhymes and
easy to relate to situations, this story offers valuable
teaching about the power of compromise and why the
best leaders are never afraid to negotiate.

It's My Way or the Highway
Turning Bossy into Flexible and Assertive
Julia Cook
Cora June is B-O-S-S-Y and
makes life miserable for those around her. Will Cora June ever realize that she can be a leader, but still be
flexible? Teaches children about the benefits of not always getting your way.
Baditude!
What to Do When Your Life Stinks!
Julia Cook
Everything in Noodle's life stinks, so he thinks. Homework stinks. Yard work stinks. And family pictures? They REALLY stink! With help from a teacher and his mom, Noodle learns how to turn his have tos into get tos and his baditude into gratitude.

Hygiene, You Stink
Julia Cook
Jean (a fork) hates taking baths in the sink, detests showering in the dishwasher, and has plenty of excuses for not keeping clean. When she notices that other silverware no longer want to hang out with her, the can opener explains the importance of bathing and tooth brushing.

But It's Not My Fault
Julia Cook
It isn't Noodle's fault that his brother's game ran late so he didn't get to finish his homework. Or that his mom forgot to remind him to turn in his library book. Luckily, Noodle's mom is there to teach him about the importance of accepting responsibility.

The Judgmental Flower
Julia Cook
When Purple moves into the Blue Patch, Blue just isn't sure how he feels about that! Fortunately, Blue's Mom is around to point out how much Blue and his friends can learn from the wind, the rain, and the bees, who treat all flowers the same. Teaches children about valuing the differences of others.

That Rule Doesn't Apply to Me!
Julia Cook
Noodle is having a rough couple of days. The rules keep getting in the way of his fun! Noodle struggles because he doesn't think many of them actually apply to HIM! Noodle's mother and teacher show him that rules are meant to help, not harm, him.

The Technology Tail
A Digital Foot Print Story
Julia Cook
Don't be mean and irresponsible! That's the straight-to-the-point advice Screen has for young readers who are active on social media. Screen wants kids to know their words – the kind and the cruel – will follow them for life, creating a digital trail that can't be erased.

Making Friends Is an Art
Julia Cook
Brown, the least used pencil, is tall, geeky and lonely. The other pencils help him discover that he needs to be a good friend to have friends. By studying the friendship skills the other pencils have, he can learn to make friends and have fun too!

Uniquely Wired
A Book about Autism and its Gifts
Julia Cook
Zak, who responds to the world around him in unconventional ways, as Zak describes his Autistic point of view, readers gain a better understanding of his behaviors and learn patience, tolerance and understanding.

Tease Monster
Julia Cook
Kids learn why some teasing can have a negative bite if its meant to be hurtful and cause embarrassment. They also learn it can be friendly and nice if it tries to make someone feel better and is not done out of spite.

Rumor Has It...
Julia Cook
Told through the eyes of the rumor marble, this story describes how a simple misunderstanding starts a chain reaction that can't be undone. An entertaining and funny, but cautionary, tale about the importance of NOT starting or spreading rumors.

Peer Pressure Gauge
Julia Cook
When Norbert is less than eager to try new food, he experiences first-hand what it's like to be on the receiving end of peer-pressure. Children will enjoy this imaginative story of how escalating peer pressure feels as they
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Orders less than $87  $7.00
Orders $87.01 - $500  8% of subtotal
Orders over $500  5% of subtotal

* Continental United States, Alaska, Hawaii, Canada should use 15%.

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