

Be Yourself, Like Yourself



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Eric Braun

Illustrated by **Steve Mark**

free spirit
PUBLISHING®



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Library of Congress Cataloging-in-Publication Data

Names: Braun, Eric, 1971- author. | Mark, Steve, illustrator.

Title: Be yourself, like yourself / Eric Braun ; illustrated by Steve Mark.

Description: Minneapolis, MN : Free Spirit Publishing, an imprint of Teacher Created Materials, [2025] | Series: Little laugh & learn series | Audience: Ages 6–9

Identifiers: LCCN 2023050571 (print) | LCCN 2023050572 (ebook) | ISBN 9798885544474 (paperback) | ISBN 9798885544481 (ebook) | ISBN 9798885544498 (epub)

Subjects: LCSH: Self-esteem in children--Juvenile literature. | BISAC: JUVENILE NONFICTION / Social Topics / Self-Esteem & Self-Reliance | JUVENILE NONFICTION / Social Topics / Emotions & Feelings

Classification: LCC BF723.S3 B758 2025 (print) | LCC BF723.S3 (ebook) | DDC 155.4/182--dc23/eng/20240221

LC record available at <https://lcn.loc.gov/2023050571>

LC ebook record available at <https://lcn.loc.gov/2023050572>

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Cover and interior design by Courtenay Fletcher
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BAZILLION FLAVORS

CHAPTER 1

This book is about a big question.
Something really important. Even more
important than “What’s your favorite
flavor of ice cream?”

Here it is: **What makes you YOU?**



There are lots of ways to answer this. Part of it is your favorite things, like music, games, sports, movies, and (yep!) ice cream. Part of it is the people in your life. You are someone's child, someone's friend. You might be somebody's sister, or grandson, or cousin.



Your thoughts and feelings play a big part too. So do things like how tall you are or how short your hair is.

Maybe you have a mole on your nose or a dimple on your chin.

Maybe your voice is loud or soft. You look the way you look. You talk the way you talk.

All these things add up to make you YOU.



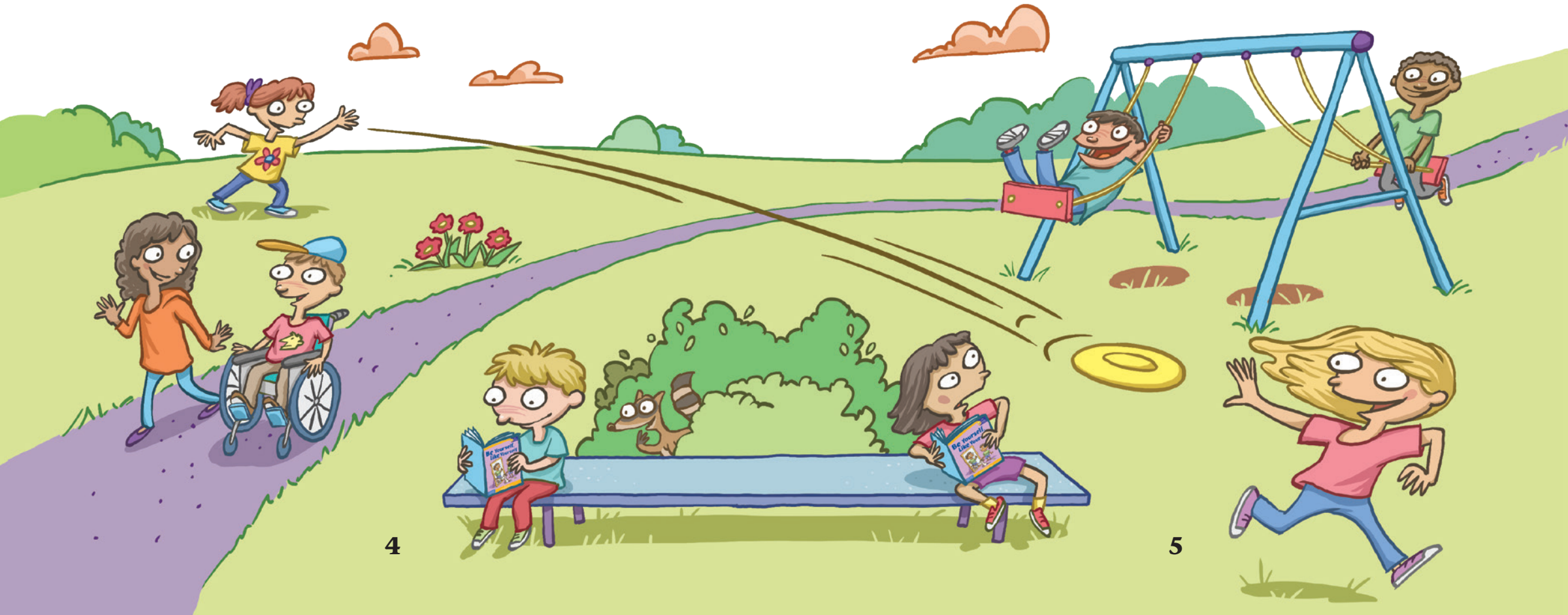
The amazing thing is that there is no other you. You are the only *you*. You matter. You are important, just the way you are.

It's true—you are! We all are. Everyone is important. Everyone matters.

Sometimes you might forget what makes you special. This book can help you remember. It's all about ways to boost your **self-esteem**.

What is self-esteem?

That's what the next chapter is about.



Make a List!

Your Self-Esteem Team

Make a list of all those grown-ups and kids who love you, believe in you, or have your back. Give your list a title like “My Self-Esteem Team.”

Every person on your list can help build up your self-esteem, just by loving you or caring about you. So keep your list, and look at it when you need a boost.

Your list can grow and change. You might remember to add someone else. Or you might make a new friend. When you do, put them on the list!

