



No Biggy!

Elycia Rubin

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Getting frustrated is a part of life! And whether the curious little girl in this story is working on a puzzle, getting the zipper to slide all the way up her jacket or trying to spread peanut butter on a piece of toast, she learns to manage frustration by taking a deep breath, saying No Biggy! and trying again. She even teaches her mommy and daddy a thing or two! Yes, grown-ups get frustrated a lot too. The heartfelt, meaningful text and playful, vibrant illustrations make this book a family favorite any time of day. No Biggy! is endorsed by highly esteemed professionals and parents including: Cara Natterson - MD, Mother and New York Times Bestselling Author of *The Care And Keeping Of You*, Jeremy F. Shapiro - MD, Father and Partner, Boulevard Pediatrics Medical Group, and Penni Seller - Mother and Psy.D., LMFT Child Development/Parent Education Specialist.

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