



# Amanda's Big Dream

*Judith Matz*

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**Amanda's Big Dream** Judith Matz

**Amanda's Big Dream is the inspiring adventure of a girl who dreams of a solo in the Spring Ice Skating Show.**

When Amanda's skating coach makes a comment about her weight, she loses confidence in her ability to make her dream come true. Despite reassurances from her parents, her doctor, and her best friend, Amanda decides to quit skating.

Will Amanda return to the ice? Or has she given up forever?

**Come along with Amanda as she realizes the true secret to following her big dream!**

**A healthy body image is essential for kids to feel confident and strong!**

Parents want their children to have a healthy body image, but may be unsure how to respond to their kids' anxiety about weight. Amanda's Big Dream helps parents, teachers and other caregivers discuss this topic with children in an entertaining and positive way.

*You won't want to miss this new resource!*

**Amanda's Big Dream is for:**

- **Children ages 5 and up** who enjoy a fun, friendly story with an inspirational main character.
- **Pre-teens and teens** dealing with body image issues/body dissatisfaction.
- **Adults** who struggled with body image as a child and want to read a story that's healing.
- **Parents** looking for a fun and positive way to help children develop a healthy body image.
- **Therapists, dietitians, pediatricians & other health professionals** seeking a helpful resource for their clients/patients.
- **Teachers** who need books with a positive, thought-provoking message for their classroom.
- **Athletic Coaches** who work with children and teens.

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