



**Press Release Contact Information:**

Michelle Blackley  
Don't Judge a Book by its Cover  
Literary Publicist  
PO Box 1237  
Lockport, NY  
USA, 14095-1237  
Voice: 917/916-3030  
Fax: 716/433-7423  
E-Mail: [Email us Here](mailto:mblackley@thecadencegrp.com)  
Website: [Visit Our Website](http://www.dontjudgeabook.com)

**THE TRUTH (Im a girl, Im smart and I know everything) in the top 100**

*The Best You Can Be Foundation names YA book by Dr. Barbara Becker Holstein as one of the best*

**/24-7PressRelease/** - LOCKPORT, NY, July 10, 2008 - After an evaluation by a panel of teachers, therapists, and children, THE TRUTH (Im a girl, Im smart and I know everything) by Dr. Barbara Becker Holstein has been selected as one of the top 100 books of the year. The Best You Can Be Foundation feels THE TRUTH encompasses helping girls, ages 8 to 14, feel validated and understood.

The Best You Can Be Award program honors products that can truly make a difference in the lives of children, parents or teachers. This award program is designed to celebrate motivational products and recommend these products to the public, our readers and our clients.

Author Dr. Barbara Becker Holstein is the originator of The Enchanted Self, a focus on positive psychology. She has been a positive psychologist in private practice and licensed in the states of New Jersey and Massachusetts for over 25 years.

Founder of The Best You Can Be Foundation and syndicated parenting columnist for United Press International, Debbie Milam highly recommends The Truth. My 10 year old daughter could not put the book down. She savored each page with excitement that someone had put her feelings into writing, Milam said. After reading the book she was so inspired by it that she is now writing her own book.

THE TRUTH is filled with wisdom that is not only life changing for girls, but truths every parent could also begin integrating into their own lives. These truths can help us connect not only with our own children, but also with our beautiful inner child.

The magic of the human spirit, with its capacity for survival, growth and joy, has always intrigued Dr. Barbara. As years went by and her practice grew, she longed to explore adult development even further "specifically how to overcome adversity and bring pleasure into one's life while living a life worth living. A life that is a good life, filled with happiness, meaning and purpose has become the focus of Dr. Holstein's books, articles, seminars, radio shows, television shows, newsletters, etc. Her methods of improving ourselves so we have more positive emotions and thoughts are easy to understand and move us toward mental wellness and a deeper appreciation of ourselves and our potential.

Dr. Barbara speaks regularly on radio programs around the country, and appears on television in New York and New Jersey. Her inspiring audio shows and podcasts links can be found here. Her articles and stories appear on the web on hundreds of sites. She also gives lectures, seminars, and tele-classes on happiness.

To purchase The Truth or any of Dr. Barbara's books or other resources visit her online at <http://www.enchantedself.com/>, or for more information please contact publicist Michelle Blackley at [mblackley@thecadencegrp.com](mailto:mblackley@thecadencegrp.com) or 917/916-3030.

The Best You Can Be 501C3 Foundation is dedicated to supporting parents and teachers to inspire children to reach their highest potential. Through teacher in-service training, parenting resources, children's motivational programming and curriculum development, our goal is to create system where every child can find peace within themselves, develop meaningful relationships, contribute to the greater good in their community, work through stress, and be motivated to reach their highest potential. For more information on this award program <http://www.bestyoucanbe.org/>

About Don't Judge a Book by its Cover

Don't Judge a Book by its Cover is a literary publicity firm. For further information, please contact us at 917/916-3030.