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Penelope Perfect A Tale of Perfectionism Gone Wild

New picture book helps young children cope with perfectionism

Minneapolis, Minn.— When a massive thunderstorm causes the electricity to go out, Penelope oversleeps and her perfectly precise daily routine gets thrown for a loop. From wearing mismatched socks to receiving her first-ever “B,” every passing hour seems to bring a new tier of previously unimaginable horror. However, as the school day wears on, Penelope starts to realize that the turn of events isn’t actually *so* terrible, and it can even be kind of fun when you don’t know what the world has in store for you next.

This encouraging story told in cheerful rhyme will speak to kids who deal with perfectionism or other forms of anxiety. The book concludes with tips and information to help parents, teachers, counselors, and other adults foster dialogue with children about overcoming perfectionism and coping when things don’t go according to plan. *Penelope Perfect* is available wherever books are sold this September 1, 2015.

Advance praise for *Penelope Perfect*:

“Penelope is a delightful girl with characteristics that both children and adults will relate to. It was wonderful to see her transformation as she realized that life offers more than just the things that fit inside a well-planned schedule. An excellent choice to teach a lesson to us all.”— **Emily Keifer**, president of the Indiana State Reading Association

“This engaging and readable book for kids (and their parents) makes a vital distinction between doing your best and being perfect, and it captures the joyous sense of freedom that comes from letting go of constant worry. I recommend it as an excellent starting point for family conversations about perfectionism.”—

Thomas S. Greenspon, Ph.D., author of *Moving Past Perfect* and *What to Do When Good Enough Isn’t Good Enough*

To request a review copy or set up an interview with the author, please contact the book’s publicist, Anastasia Scott, at scott@freespirit.com.

Penelope Perfect

Shannon Anderson • Illustrated by Katie Kath



By Shannon Anderson
and illustrated by Katie
Kath



Penelope Perfect
by Shannon Anderson, and illustrated by Katie Kath

PB 978-1-63198-047-3
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HC 978-1-63198-019-0
US \$15.99/CAN \$21.50

48 pp. • 8" x 10" • color illust.
Juvenile Fiction/Growing Up • For ages 5–9



About the author

Shannon Anderson has her master's degree in education and is a literacy coach, high ability coordinator, adjunct professor, and former first-grade teacher. She loves spending time with her family, playing with words, teaching kids and adults, running very early in the morning, traveling to new places, and eating ice cream. She also enjoys doing author visits and events. You can find out more about her at www.shannonisteaching.com. Shannon lives in Indiana with her husband Matt and their daughters Emily and Madison.



About the illustrator

Katie Kath is an international award-winning freelance illustrator who creates book and magazine artwork for children of all ages, as well as for young adults. She currently lives in the rolling hills of North Carolina with her husband and their cat, and she tries not to be a perfectionist—sometimes.



About Free Spirit Publishing (www.freespirit.com)
Meeting kids' social, emotional, and educational needs since 1983

Headquartered in Minneapolis, Minnesota, Free Spirit is the leading publisher of learning tools that support young people's social-emotional health and their educational needs. Free Spirit's mission is to help children and teens think for themselves, succeed in life, and make a difference in the world.