

# BOOK REVIEW

## JESSICA AND THE WOLF

A STORY FOR CHILDREN WHO HAVE BAD DREAMS

BY TED LOBBY, M.S.W.  
IMAGINATION PRESS, 1990

JESSICA IS HAUNTED IN HER DREAMS BY A SLEEK, BLACK WOLF WHO IS CHASING HER, COMING CLOSER AND CLOSER. SHE AWAKENS WITH SCREAMS IN THE NIGHT HEARING HER DISTRESS. HER PARENTS COME TO COMFORT HER. THE FRIGHTENING DREAM HAS AWAKENED JESSICA BEFORE HER MOTHER ENCOURAGES HER TO TALK THROUGH THE DREAM AND THEN THINK OF HOW SHE WOULD LIKE TO PLAN FOR MENTALLY RESPONDING TO THE FRIGHTFUL SCENARIO SHOULD IT RETURN AGAIN. JESSICA FORMULATES THE PLAN, HELPING HER FEEL MORE CONFIDENT IN HER ABILITY TO HANDLE THE SCARY DREAM. SHE DISCOVERS SHE HAS ALL THAT SHE NEEDS TO DISPEL THE WOLF OF HER TROUBLING DREAM.

THE TEXT AND ILLUSTRATIONS WILL MOST APPEAL TO CHILDREN 8 YEARS AND YOUNGER. CHILDREN WILL RECOGNIZE THROUGH THIS STORY HOW TALKING, NAMING, IDENTIFYING HELPS DIMINISH SOME OF THE POWER OF FEAR AND HOW PROBLEM SOLVING AND PRACTICING A PLAN CAN HELP OVERCOME THE POWER OF FEAR.

REVIEWED BY JAYNE SMITH

BOOK REVIEW by Joan Alford

Hazel's Healthy Halloween

Illustrated by Kathryn Meyrick

Discovery Toys, Inc., Martinez, CA 1988

Hazel is invited to a Halloween Ball & discovers she has grown too fat for all of her clothes. She is so heavy that her broom cannot carry her to the gown shop. Felicity's gown shop has nothing that will fit her. Felicity suggests that Hazel go to the Health farm where she exercises in a manic way and eats nothing. She of course loses weight and is able to wear the beautiful dress Felicity has for her. When she gets to the ball, a handsome man compliments her and suggests that they can now have a romance. Hazel says she did not do all this work for a man and heads for the refreshment table and eats everything and immediately outgrows her dress. Hazel declares a happy ending.

This book is beautifully illustrated. The message is to accept yourself the way you are & to realize that regular exercise & proper eating are the keys to being healthy. The book would be helpful for an eating disorder client to make the point that extremes in exercise and no food is not the way to deal with their problems. I think that it is appropriate for any age that is dealing with an eating disorder.