

## BOOK REVIEW

*Don't Tell A Whopper on Friday*

Author: Adolph Moser, Ed.D.

Reviewed by: Janice Turber, LPC

This book is an easy read that helps explore the issue of honesty and how to address it openly with children. The author points out that no is born knowing how to lie. We all make the choice to lie and, therefore, can choose to stop just as with any other bad habit that reduces self esteem.. He points out that adults lie just as children do and outlines reasons people give for telling lies. The book ends with a suggestion on how to use your thumb as a reminder to not lie on Fridays. It then points out that once you stop telling lies on Fridays, then it becomes easier not to lie on other days.

This book is one of a series of "days of the week" books that encourage children to practice certain behavior changes on a given day of the week. The book is accompanied by whimsical and full color illustrations.

Other books in the series include *Don't Pop Your Cork on Mondays*, *Don't Feed the Monster on Tuesdays*, *Don't Rant and Rave on Wednesdays*, *Don't Despair on Thursdays*, and *Don't Fall Apart on Saturday*.