

# **How to survive (and thrive) in middle school**

*Book gives kids a 'tweenage' survival guide from all perspectives*

NASHVILLE – Pause the freak-out and turn off the crimper because Kimberly Dana is giving children, teens and 'tweens' a first-hand look at what middle school is really about.

In her book, "Lucy and CeCee's How to Survive (And Thrive) in Middle School," Dana lifts the veil on every child's most transformative years. Dana, a middle school teacher in Tennessee, inserts real stories into the book through the eyes of the very different main characters.

"Lucy and CeCee's adventures are based on my own observations and the stories that my students have told me over the years," Dana says. "From cyber-bullying to 'frenemies' and text wars, everything in this book has happened to real kids."

The story is told through the journal entries of shy, studious CeCee as well as boy-crazy, impulsive Lucy. Together, the best friends are taking on a variety of the problems that the typical "tween" faces. Dana supplements the more serious issues with humorous situations, such as horrifying hot-lunch dilemmas, nerd crushes and devastating pimples.

"I've seen middle school survival guides that are either informative or funny--but not both," Dana says. "The humorous and serious sides make this truly authentic to what children today are facing."

To connect with Kimberly Dana, visit [www.kimberlydana.com](http://www.kimberlydana.com)  
Immerse yourself in Lucy and CeCee's world at <http://lucyandcecee.com/>

"Lucy and CeCee's How to Survive (And Thrive) in Middle School"

By Kimberly Dana

ISBN: 978-142039661

Paperback, retail price: \$17.95

Hardcover, retail price: \$27.95

E-book price: \$3.99

## **About the author**

An award-winning author, teacher, and book reviewer, Kimberly Dana enjoys teaching writing to middle school students who give her much insight into the world of "tweendom." She is published by the National Council of Teachers of English and the recipient of several writing honors from Writers Digest and the Pacific Northwest Writers Association. Other affiliations include the Society of Children's Book Writers and Illustrators and EPIC, the Electronic Publishing Industry Coalition, where she serves as a judge and coordinator for the annual eBook competition. A lover of photography and experimental cooking, Kimberly lives in Nashville with her husband and spoiled shih-tzu.

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**EDITORS:** For review copies or interview requests, contact:

Lauren Cascio

Phone: 317-602-7137

Email: [lcascio@bohlsengroup.com](mailto:lcascio@bohlsengroup.com)

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