

The Adventures of Everyday Geniuses

After reviewing The Adventures of Everyday Geniuses book series, Dr. Edward Hallowell responded “I love it!” and anxiously asked Ms. Esham how he could get involved in her project.

Dr. Hallowell provided a wonderful letter to parents and teachers to offer his words of encouragement and advice for promoting healthy self esteem at home and in the classroom. We dedicated page "28" of each book for his uplifting message..

"The feeling of mastery, and the wish to experience it again, transforms a child, or an adult, from a reluctant, fearful learner into a self-motivated player. One of the great goals of parents, teachers, and coaches should be to find areas in which a child might experience mastery, then make it possible for the child to feel this potent sensation. By mastery I do not mean that you become the best at a given activity or that you win a prize. By mastery, I simply mean that you make progress at an activity that is both challenging and matters to you.

What holds children back the most from making progress at challenging activities in which they would like make progress is their fear of making a mistake. It is a feeling of I-can't-do-this-and-I-don't-want-to-look-foolish. Fear is the great disabler. Fear is what keeps children--and adults---from realizing their potential. It needs to be replaced with a feeling of I-know-I-can-make-progress-if-I-keep-trying-and-boy-do-I-ever-want-to-do-that! The child needs to look at fear of failure as if it were an imposter, a figment of his imagination, that ironically enough causes failure. With reassurance, all children can get past this disabling kind of fear.

The mistake that parents, teachers, and coaches often make is that they demand mastery rather than lead children to it by helping them overcome the fear of failure.

My definition of a great teacher is a person who can lead another person to mastery. The best parents are great teachers. If there is any greater joy than achieving mastery yourself, it may be the joy of leading a child to it."

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