

free spirit

PUBLISHING®



Meeting kids' social & emotional needs since 1983

www.freespirit.com

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Judy Galbraith

“Bookstores have shelves filled with self-help books for adults. But why should kids have to wait until they’re grown to find the help they need? We want to give them information that is effective, kid-centered, up-to-date, and solution-based so they can identify their needs and achieve their goals.”

—Judy Galbraith

Judy Galbraith President, Free Spirit Publishing

Who's
Who

Judy Galbraith is founder and president of Free Spirit Publishing, the Minneapolis-based home of award-winning Self-Help for Kids® and Self-Help for Teens® books and learning materials. In addition to being one of the country's leading independent publishers, Galbraith is a nationally recognized speaker and the author of *THE GIFTED KIDS' SURVIVAL GUIDE: FOR AGES 10 & UNDER* and *YOU KNOW YOUR CHILD IS GIFTED WHEN . . . A BEGINNER'S GUIDE TO LIFE ON THE BRIGHT SIDE*. She is coauthor of *THE GIFTED KIDS' SURVIVAL GUIDE: A TEEN HANDBOOK*; *WHAT TEENS NEED TO SUCCEED: PROVEN, PRACTICAL WAYS TO SHAPE YOUR OWN FUTURE*; *WHAT KIDS NEED TO SUCCEED: PROVEN, PRACTICAL WAYS TO RAISE GOOD KIDS*; and, most recently, *WHEN GIFTED KIDS DON'T HAVE ALL THE ANSWERS: HOW TO MEET THEIR SOCIAL AND EMOTIONAL NEEDS*.

A former classroom teacher specializing in gifted education, Galbraith recognized a clear need for positive, practical books to help children and teens navigate life's challenges. She began Free Spirit Publishing in 1983, becoming the first publisher to specialize in providing kids and teens with self-help materials to help them cope with the issues and problems of growing up by making a positive difference in themselves and others. Named a “Fast Track Publisher” by *Publishers Weekly* magazine, Free Spirit books and products are highly regarded and are used by students, teachers, parents, counselors, and youth professionals around the world. Under Galbraith's guidance, the company's annualized growth rate has remained at an impressive 30 percent since its inception. Free Spirit books are available to the trade through major distributors as well as from Free Spirit, and directly to consumers through the company's catalog and Web site at www.freespirit.com.

A speaker and presenter on issues from personal asset development and perfectionism to the social and emotional health of gifted children and teens, Galbraith served ten years on the Board of Directors of Search InstituteSM, a nonprofit research organization dedicated to advancing the well-being of children and adolescents. Currently she serves on the Minnesota 4-H Foundation Board of Trustees. In 2004, Galbraith was named the Midwest Publisher of the Year. She has been featured on *Oprah* and *CNN* and in *Family Circle* and *Family Life*, as well as numerous other magazines, newspapers, and broadcast and electronic media. She is a member of the Association of Booksellers for Children, the Midwest Independent Publishers Association, and the National Association for Gifted Children. Galbraith grew up in Green Bay, Wisconsin, received a degree in education from the University of Wisconsin at Steven's Point, and holds a master's degree in guidance and counseling of the gifted from Norwich University, Vermont. She lives in Minneapolis, Minnesota.