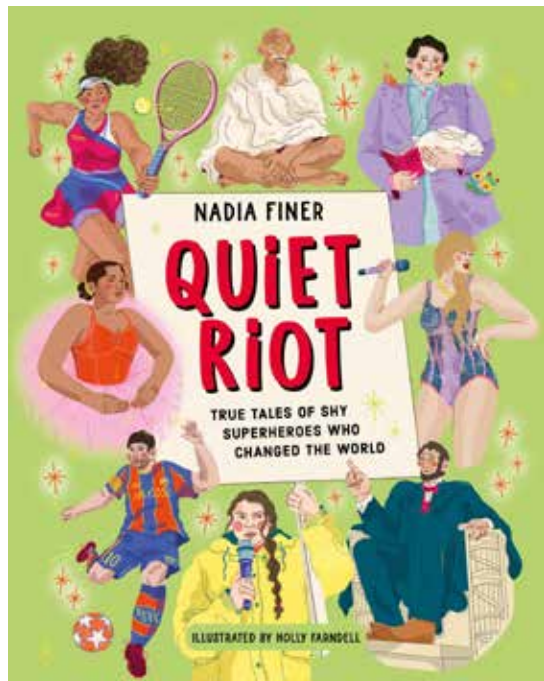


Quiet Riot

True Tales of Shy Superheroes
Who Changed the World

Nadia Finer

Illustrated by Holly Farndell



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Aimed at children aged 7+, Quiet Riot celebrates shyness through the inspiring true stories of 40 extraordinary individuals, from Gandhi to Zendaya. This beautifully illustrated hardback (over 80 illustrations) shows that you don't have to be loud to make a big impact.

Explore stories of shy yet powerful heroes in ten themes, such as:

- **Dream Massive:** Lionel Messi and Anthony Horowitz
- **Be Kind to Yourself:** Zendaya and Wolfgang Puck
- **Find Your People:** Alan Turing and Misty Copeland
- **Be True to You:** Beyonce and David Bowie
- **Take a Stand:** Marcus Rashford and Greta Thunberg

Each section ends with coaching questions, encouraging kids to build confidence, stand up for their beliefs, and pursue their dreams.

WHY IT MATTERS: In a world where social media and post-pandemic pressures increase anxiety, *Quiet Riot* offers a positive message – shyness is a strength! This book helps children struggling with shyness and social anxiety to see their quiet nature as a powerful asset.

FOR FANS OF: *Goodnight Stories for Rebel Girls*. This book appeals to kids looking for relatable role models and supportive family members who want to help them embrace their unique voices.

NADIA FINER is the UK's leading shyness expert and coach, host of the Shy and Mighty podcast and the author of two books about shyness. She is a regular speaker in schools around the country and also runs a school-based program to help shy kids feel more comfortable to be themselves. She has appeared on Radio 4 Saturday Live, Woman's Hour and the ITV News. She has been in *The Times*, *Guardian*, the *Telegraph*, *The Independent* and *Good Housekeeping*.

HOLLY FARNDELL is an illustrator based in Brighton. She works digitally to combine bold colours and textures with playful characters, often exploring musings from everyday life, inspired by feelings, daydreams and femininity. Find out more: www.hollyfarndell.com

Billie Eilish (born 2001)

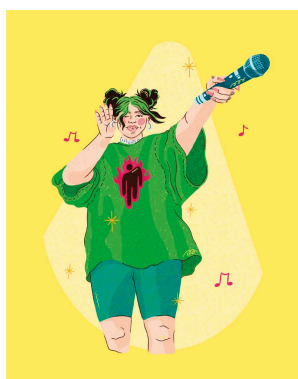
When Billie Eilish Pirate Baird O'Connell was at home with her parents and her big brother Finneas, she felt safe. But when she wasn't in their cozy bedroom in Los Angeles, USA, she struggled – even though her middle name was Pirate, she didn't feel much like a pirate at all!

Billie feared so many things, including the dark and being alone. When she was away from her parents, she would worry that something terrible might happen to them. Billie and her family slept in one big bed until she was 11 years old, all snuggled together. If she woke up in the night and her parents weren't there, she would panic until they came to comfort her. When she was older instead of going out with her friends or going to parties, she would stay at home in their little house. That's where she felt safe.

Billie's parents were very creative people who encouraged Billie and her brother to sing, dance and play musical instruments. Billie listened to all kinds of music and learned to play the piano and the ukulele. She sang in a choir and spent hours writing original songs with Finneas. Her parents encouraged creativity so much that they allowed the children to go to bed whenever they wanted. If they were making, writing or singing music, if Billie was in the middle of writing a song, she was allowed to stay up all night to finish it, imagine!

Billie would dance for hours and hours every single day. She found that when she was dancing, she didn't feel afraid or alone. Instead, she felt powerful and free. Billie dreamed of being a dancer so that she could dance all the time. But then, when she was 13 years old, she joined her hip body and had to stop dancing forever. Billie was heartbroken.

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Marcus Rashford (born 1997)

It was time for Marcus to go to bed, but he was very hungry. There was no food in the house – not even a loaf of bread. He had been at school all day and then out on the street playing football for hours, and now he was starving. He figured that he could go to sleep, and when he woke up, he would feel better, and he could get something to eat at school.

Marcus lived in a run-down part of Manchester, England, with his mother, two older brothers and two older sisters. His mother was not at home much because she had three jobs: she worked as a cleaner in the day, a cleaner at night and a kitchen porter at weekends. Life was a struggle, no matter what she did or how hard she worked, there was never enough money or food to go around. Sometimes, they would visit food banks and soup kitchens to have something to eat, and sometimes, food banks weren't open. Marcus left for food. Marcus did not tell anyone what he was like at home. He kept it to himself.

Marcus was a very shy, quiet boy. At school, his worst nightmare was being asked to read out loud in class. Fear and awkwardness made him stumble over his words, and then he would feel ashamed, which made it even worse.

But when he played football, Marcus could forget about his troubles. He dreamed of playing professionally for Manchester United so that he could look after his mother, pay for her to go on holiday and buy her a big house in a nice part of town.

Marcus played a lot of football outside on the street, but he kept smashing roof tiles and garbage bins. To save the neighbourhood from destruction,

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