

By [Teri Wiss "pediatric occupational therapist"](#) (Cupertino, CA USA) -

As a pediatric OT, I look for resources to help families. I have found an invaluable one. Ms. Rose has written from her heart, as the family searched to find what would help her son, who ultimately receives a diagnosis of bipolar disorder. The struggles, challenges, hopes and dreams she shares could just as easily be experienced by families dealing with all mental health issues.

While the book is written and illustrated in a light-hearted style for children, it addresses a difficult, serious subject and can be just as helpful for adults to read or read with their child and discuss what happens to Josh.

Life can be overwhelming, especially when dealing with a mental illness; we all need a red cape to provide strength in times of stress. This book can be a red cape for families.

[N. Westurn "Counselor"](#) (Dallas, Texas) -

I would highly recommend this book to anyone who has children or work with children dealing with mental illness. It is fun, colorful and inspiring