HELLO, my name is **TONY REX!**
I'm one of Earth's most successful
predators, but I'm also a **LIFE COACH.**
No matter who you are, or what you're going
through, or how fast you're running . . .



. . . I'm right behind you.



So I have made **TONY REX'S SEVEN STOMPS TO SUCCESS.**
I hope that you will listen to some of my advice.
Remember, even if you're feeling sad or lonely or afraid,
nothing can change the fact that you're highly nutritious.

LET'S BEGIN!



1. SCARY THINGS CAN BE GOOD



Maybe it's doing show-and-tell
in front of the class.

Or going on your
first sleepover.



Or seeing me through your treehouse window.

SCARY THINGS are how
we challenge ourselves,
and how we grow.