



I Just Want to be Me: Building Resilience in Young People

By Timothy Bowden, Sandra Bowden, Russ Harris

Exisle Publishing (Australia). Paperback. Book Condition: new. BRAND NEW, I Just Want to be Me: Building Resilience in Young People, Timothy Bowden, Sandra Bowden, Russ Harris, Today's children struggle with a range of issues, from depression and anxiety to poor body image and low self-esteem. In fact, research suggests that at any given time around 10 per cent of students will be suffering from a mental health issue that directly impacts on their education and health. Acceptance and Commitment Therapy (ACT) (the subject of Dr Russ Harris bestselling *The Happiness Trap*) has been proven to be effective in teaching young people effective, flexible strategies for dealing with the stressors in their life and these principles are now brought to life in this graphic novel. By following the main character, Holly, through her encounters with monsters (symbolising her inner doubts and unpleasant thoughts), children will learn how to similarly deal with their own issues and develop a more resilient mental attitude and achieve better emotional balance.



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