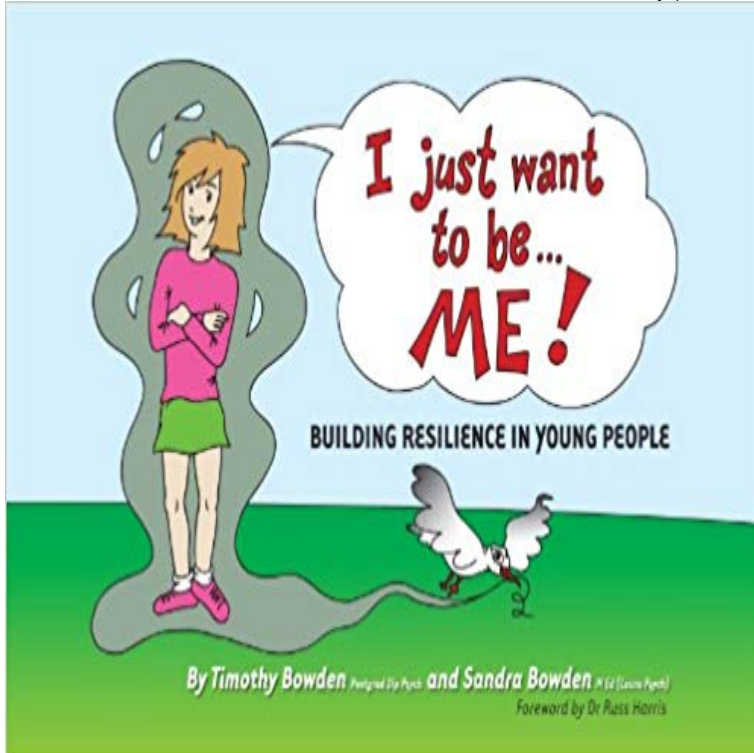


# I Just Want to be ... ME!: Building Resilience in Young People



Today children struggle with issues such as depression and anxiety, grief, substance abuse, friendship and body image problems. But by using the simple techniques of Acceptance & Commitment Therapy (ACT), they can develop effective, flexible coping skills that will build their mental resilience and equip them to deal with life's challenges. By following Holly on her journey of self-discovery as she learns how to stand up to her own internal monsters, *I Just Want to be ME!* teaches kids these all-important techniques in a fun, easy way. At the end of Holly's story, they'll feel more confident about tackling their own problems and changing how they view the world. Tim and Sandra Bowden are both school counsellors with nearly forty years combined experience in teaching and counselling. Since embracing the principles of ACT, they have seen the positive changes it has brought to the lives of so many children, and are now committed to sharing its message with children, parents, carers and counsellors. Timothy Bowden taught English and History in high schools for fourteen years before retraining as a school counsellor. Since learning about ACT, he now uses its principles when counselling young people in both primary and secondary schools. Sandra Bowden taught in primary schools for thirteen years before retraining as a school counsellor, her vocation for the past nine years. She is also a registered psychologist who has embraced the principles of ACT. A self-taught artist, Sandra has created the artwork for this book. Tim and Sandra live on the Central Coast of New South Wales. Dr Russ Harris is a medical practitioner with a passion for life, health and healing. A leading authority on stress management, Russ regularly travels all over Australia, and internationally, training coaches, psychologists, doctors, and other health professionals.

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**I Just Want to be ... ME!: Building Resilience in Young People**

Sandra Bowden (ISBN: 9781921497476) from Amazons to be effective in teaching young people effective, flexible strategies for dealing with own issues and develop a more resilient mental attitude and achieve better **I Just Want to be ME!: Building Resilience in Young People eBook** Jun 2, 2017 DONWLOAD PDF I Just Want To Be Me!: Building resilience in young people Timothy Bowden Download Online. more. Publication date **I just want to be me! : building resilience in young people / by** I Just Want To Be Me! Building resilience in young people. Timothy and Sandra Bowden. Todays children struggle with a range of issues, from depression and