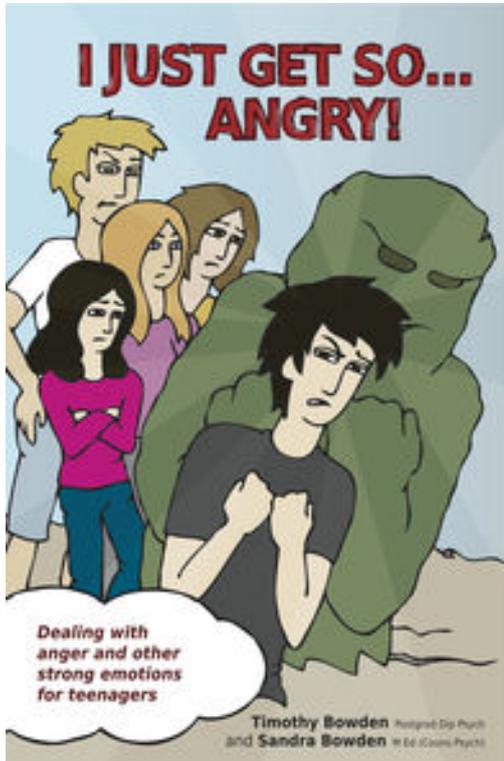


I Just Get So ... Angry! - Timothy Bowden & Sandra Bowden Read Ebooks [EN] PDF, ePub, Mobi



I Just Get So ... Angry! Timothy Bowden & Sandra Bowden Read ebooks [EN] PDF, ePub, Mobi, Today's teenagers struggle with issues such as anger, depression and anxiety, grief, substance abuse, friendship and body image problems. 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. But by using the simple techniques of Acceptance & Commitment Therapy (ACT) (the subject of Dr Russ Harris's bestselling *The Happiness Trap*), they can develop effective, flexible coping skills that will build their mental resilience and equip them to deal with life's challenges.

By following Andy on his journey of self-discovery, as he learns how to stand up to his own emotional Beast, *I Just Get So ... Angry!* teaches adolescents these all-important techniques in an easily accessible way. At the end of Andy'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 over 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, a process they began with their very successful previous book, 'I Just Want to be ... Me!'.

Timothy Bowden uses ACT principles when counselling young people in both primary and secondary schools.

Sandra Bowden is a school counsellor and a registered psychologist who has embraced the principles of ACT. Sandra has created the artwork for this book.

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