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I JUST WANT TO BE ME: BUILDING RESILIENCE IN YOUNG PEOPLE



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)...

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- Authored by Timothy Bowden, Sandra Bowden, Russ Harris
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