



Bullies, Bigmouths & So-Called Friends: Blue Edition

J. Alexander

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Most books about bullying tell children how to act without addressing how they feel—you can't act brave and confident if you feel stressed and helpless inside. Jenny Alexander's approach is to develop readers' psychological defenses. Through a mix of exercises, quizzes, and fictional scenarios, she combines common sense with simple cognitive techniques to build up children's self-esteem. Her tone is humorous and upbeat, but always sensitive to the reader's feelings.



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Sharonda Adair:

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