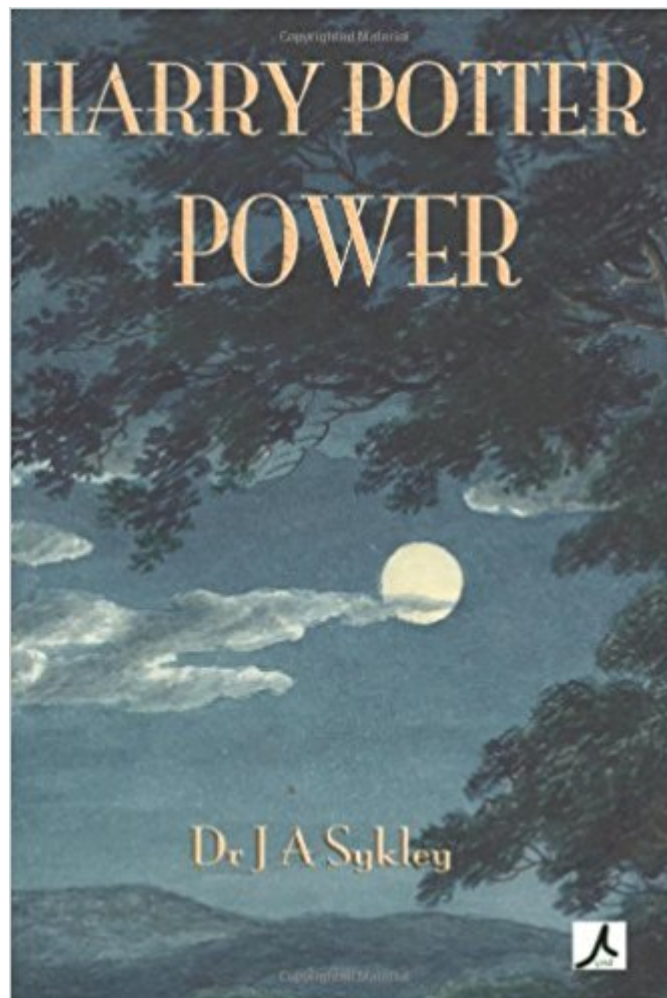


The book was found

Harry Potter Power



Synopsis

Harry Potter Power uses motifs and situations from the popular Harry Potter series and links them to theories and strategies designed to help young people overcome anxiety, anger, depression and grief. It combines a fun and innovative use of well-known Harry Potter icons with more serious advice, reflection material and activities to help young people apply this perspective. Practical, thought-provoking and with strong relevance to real world issues, Harry Potter Power is the ideal tool to help young people develop resilience and self-esteem

Book Information

Paperback: 268 pages

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Average Customer Review: 4.0 out of 5 stars 2 customer reviews

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Customer Reviews

On 'The Power of Thoughts' This book is so clever! Dr. Sykley creatively uses the Harry Potter stories so that young people can readily recognise the Dementors of Depression, the Boggarts of Anxiety and the Manticores of Anger and then swing into action with some serious dis-spelling! Associate Professor James Bennett-Levy --the author
On 'The Greatest Power: Bolder than Death' Contemporary, refreshing, and uplifting. Jonty Bush, 2009 Young Australian of the Year and Chief Executive Officer Queensland Homicide Victims Support Group --Queensland Homicide Victims Support Group
On 'The Power of Tragedy' Excellent... powerful for young people. Bill Huntley, Psychologist. --the author

Dr Julie-Anne Sykley is a psychologist with various academic and written achievements. She has worked as a helping professional for about 20 years. From inner city Sydney to the remote Territory outback, Julie-Anne has helped people from many walks of life with mental health problems.

Harry Potter Power is not your average self help book. This book uses the themes, characters and situations from the Harry Potter series to help you become a better you! The book is split into 6 different sections and in each section the author talks about different areas of life and how they can help us become more powerful: The Power of Tragedy; The Power of Thoughts; The Power of Action; The Power of Animals; The Power of Nature; The Greatest Power. Throughout the book there are also activities that you can do that will help you along the path to gaining more self power. You answer questions, do word puzzles and more! I even learned a few things about the Potterverse that I never knew before. One example being that hippogriffs symbolize the fact that people can overcome impossible scenarios and come out for the better. There are countless more little tidbits about the world of Harry Potter that even the craziest Potter fan, like me for example, will find interesting. All in all this is a great resource for anyone who wants to improve their lives.

Helping young people cope with common psychological problems like depression or anxiety through the popular character of Harry Potter is a great idea, and Dr Julie-Anne Sykley, a psychologist with over 20 years experience, has done a brilliant job of it. The organization of the book is clear and makes for easy referencing. As a guide to some of the deeper issues of the Harry Potter series, or a methodology for practicing psychologists looking for ways to connect with young patients, this book has much to offer.

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