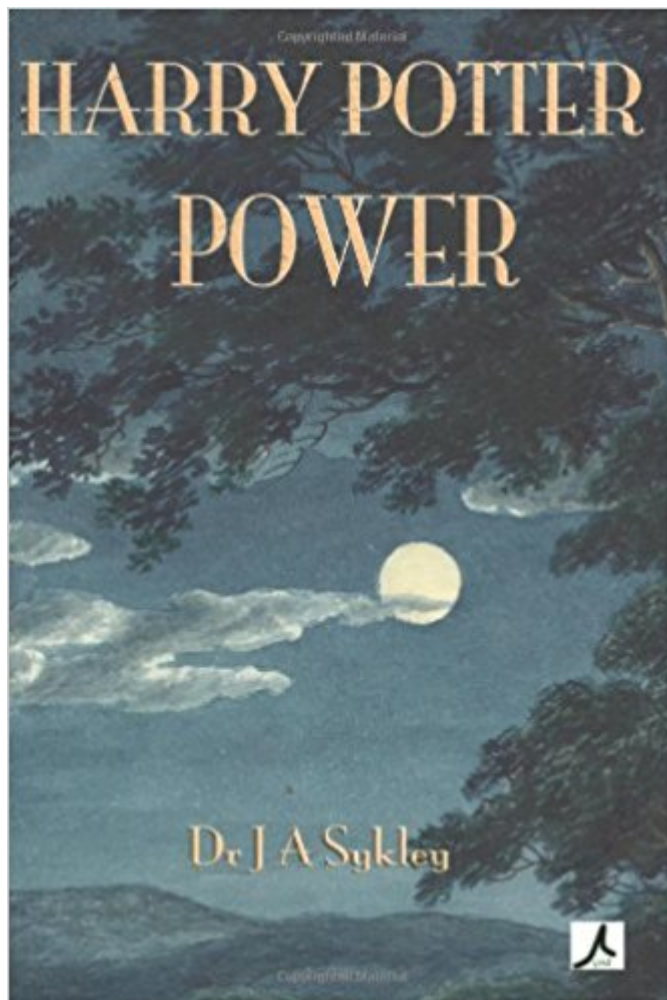


The book was found

# 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

Publisher: Glass House Books; 1st edition (March 1, 2010)

Language: English

ISBN-10: 1921479310

ISBN-13: 978-1921479311

Product Dimensions: 6 x 0.6 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

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

Best Sellers Rank: #301,488 in Books (See Top 100 in Books) #304 in [Books > Teens > Education & Reference > Social Science](#) #826 in [Books > Health, Fitness & Dieting > Aging](#) #13201 in [Books > Health, Fitness & Dieting > Psychology & Counseling](#)

## 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.

[Download to continue reading...](#)

Cooking for Muggles - The Harry Potter Cookbook: Harry Potter Recipes with Desserts, Snacks and Drinks Inspired by Harry Potter Food The Harry Potter Mysterious but Delicious Recipes: Cooking with This Extraordinary Harry Potter Cookbook - Harry Potter Food Recipes for Halloween or Any Magical Occasions Calling on All Harry Potter Movie Lovers: Harry Potter Inspired Recipes - Harry Potter Cookbook Harry Potter Party Guide & Cookbook: An Unofficial Harry Potter Party Book With Magic Treats, Recipes, Potions, Spells, Games, Cookbook & More. Everything You Need For The Perfect Harry Potter Party. Harry Potter: The Creature Vault: The Creatures and Plants of the Harry Potter Films Harry Potter Instrumental Solos: Flute, Book & CD (Alfred's Harry Potter Instrumental Solos) Harry Potter and the Sorcerer's Stone: The Illustrated Edition (Harry Potter, Book 1) Harry Potter and the Chamber of Secrets: The Illustrated Edition (Harry Potter, Book 2) The Best of Harry Potter Coloring: Celebratory Edition (Harry Potter) Harry Potter À l'École des Sorciers (Harry Potter 1) Harry Potter y la Piedra Filosofal 8 Audio CD's (Spanish Edition of Harry Potter and the Philosopher's Stone) Harry Potter a l'Ecole des Sorciers (French Audio CD (2 MP3 Compact Discs)

Edition of "Harry Potter and the Philosopher's Stone") (French Edition) Harry Potter et la Chambre des Secrets / French audio (8 CD's) edition of Harry Potter and the Chamber of Secrets (French Edition) Harry Potter et le Prisonnier d'Azkaban (French Audio CD (2 MP3 Compact Discs) Edition of Harry Potter and the Prisoner of Azkaban) (French Edition) Harry Potter e la Pietra Filosofale (Italian Audio CD Edition of Harry Potter and the Sorcerer's Stone) Harry Potter und die Kammer des Schreckens (German 10 Compact Disc Edition of Harry Potter and the Chamber of Secrets (German Edition) Harry Potter et le Prisonnier d'Azkaban (Harry Potter and the Prisoner of Azkaban, French Audio MP3 Edition) (French Edition) Harry Potter et la Chambre des Secrets (French Audio CD (8 Compact Discs) Edition of "Harry Potter and the Chamber of Secrets") Harry Potter e la Camera dei Segreti 8 Audio Compact Discs (Italian 8 CD Audio Edition of Harry Potter and the Chamber of Secrets (Italian Edition) Harry Potter und der Gefangene von Askaban (German Audio CD 11 Compact Discs) Edition of "Harry Potter and the Prisoner of Azkaban"

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)