effective flexible strategies for dealing with the stressors in their life.

They have chosen to use a comic book narrative (Sandra Bowden is an illustrator as well as a registered psychologist) to tell the story of Andy, an unhappy teen with a lot of emotional baggage. Following a snarling exchange with his girlfriend and best mate, Andy storms off to the beach, gets lost in a fog, meets the Beast (symbolising his inner anger, hurt, fear and resentment) and learns from Sea Eagle strategies to deal with his issues.

All ends well when Andy uses the eagle’s advice to get his emotions under control.

Moody teens might benefit from reading it and experimenting with the coping strategies laid out at the end of the book. Teachers might like to use it in class discussion, supported by the resources, which can be downloaded at www.actonpurpose.com.au