



PINK SHIRT DAY
FRIDAY 16 OCT 2020

Stuff that sucks: Accepting what you can't change and committing to what you can

Ben Sedley (2015). Little, Brown, UK

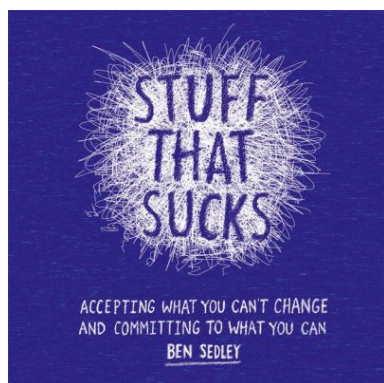
This book is informative, practical and aimed at young people in their teen years. It is based on Acceptance and Commitment Therapy (ACT) and offers some insightful perspectives on the stuff that sucks in life.

I particularly enjoyed the way the author addresses how different things can impact on a person. For example, Sedley acknowledges that although some feelings are internal and caused by your own perception of yourself, there is also the external and the systematic stuff that can impact the way that you think, feel and talk about your emotions.

I think this is really important in realising that there are things that are out of your control but that there are also ways that the individual can counteract the way that this stuff affects you.

As an adult who works with young people, I found some of the language difficult to digest, although it sounded very much like the language that some of the young people I work with use.

Add to that the explicit references to social media and contemporary culture, I think this is a really useful read and would thoroughly recommend it to any young person who is struggling with hard stuff.



Reviewed by Jono Selu, Mental Health Foundation Community Engagement / Health Promoter

The Mental Health Foundation's Information Service brings you reviews this Pink Shirt Day on books with bullying prevention themes.

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