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Fulliford's "Can I tell you about courage?" (book review)

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Book Reviews



Gulliford, Liz. (2019). *Can I tell you about courage?* London, UK: Jessica Kingsley Publishers. 64 pp. \$15.99. ISBN 9781785926716

Based in Northampton England, Liz Gulliford has a Ph.D. and a MPhil from Queen's College, University of Cambridge. A senior lecturer in Psychology at the University of Northampton she has written numerous books focusing on topics such as positive psychology, virtue and gratitude, and her work has been featured in many academic publications.

Can I Tell You About Courage is part of the *Can I Tell You About* book series, which is published by Jessica Kingsley Publishers. This series produces informational introductory books on over 38 different conditions such as ADHD, loneliness, adoption and dementia. These books serve as starting points for discussions within classrooms, youth groups and family settings. Guilford has written three other books focusing on gratitude, forgiveness and hope for this series.

In the Acknowledgements section, the author details three types of courage: Moral Courage, Physical Courage and Vital Courage. She states that she specifically designed this book to help young readers ages 7 to 13 to understand and reflect on what courage is, and how it manifests throughout our lives. The readers are introduced to a young girl named Briony who tells short stories about different people in her life. She details their situations and how they had to be courageous to overcome the issue at hand, for example, her cousin Lydia's phobia of dogs. Briony describes to the reader Lydia's feelings and reactions to dogs, and how it affected her life. We then learn about Lydia's journey and her visit to a psychologist to help find ways to overcome her fear. This finally leads Lydia to demonstrate courage while achieving a positive outcome in dealing with her phobia. The final section of the book features three short chapters for parents, facilitators and guardians providing notes, key learning points along with ideas for reflection and group discussions.

In an age when young people have many external pressures from wide-ranging sources, *Can I tell you about Courage* is a very timely book and an excellent resource for parents, teachers and facilitators. It provides starting points to discuss issues that may be difficult for young people to identify or understand. These discussion points are current and drawn from life experiences such as illness, loss of a pet, and peer

pressure, amongst others. The book is well laid out with some illustrations and each story is encapsulated in a short paragraph or two in the center of each page, leaving plenty of space for the reader to make notes. It also serves to ensure that younger readers don't feel overwhelmed by too much information set in pages of text. Overall this book serves as a source of inspiration for young people to embrace courageousness, while finding a way for adults to facilitate discussions which will inspire, assist and provide coping mechanisms for young children and teens. *Can I Tell You About Courage* is a valuable resource for any parent or individual engaged with children, teenagers and young adults.

Reviewer

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