

About the Author:

Esther Williams is a Licensed Professional Counselor specializing in child and family therapy. She has over twenty-five years experience in education as a middle school teacher, middle school counselor, elementary school counselor, and alternative school counselor. Esther's first book, *Breaking Down the Wall of Anger* was published by YouthLight Inc in 2000. She wrote this book in response to a need she found as a middle school counselor. Esther worked with many students with anger issues. Most of the activities in the book are activities that she used with her students and found effective.

Esther was a middle school counselor during the 1990's when victims of bullying began to use guns and violence to call attention to their pain. This spurred her interest in making sure the students in her school were safe and bullying was effectively addressed. Her second book, *The Bully, The Bullied, and Beyond*, also published by YouthLight, provides a plan for an anti-bullying program and skills that are needed by the victims of bullying, bullies, and bystanders.

Esther is currently in private practice in Auburn, AL. Many of her clients have anger issues and have experienced bullying in school and in the workplace. She works extensively with school systems as a consultant on such issues as anger management, conflict resolution and crisis management. Esther is available to provide training for the use of these books as well as many other educational topics.

Books by Esther Williams, MEd., L.P.C

Breaking Down the Wall of Anger

This innovative curriculum for dealing with anger problems in students grades 5 through 8 allows teachers the structure and flexibility to teach students new and creative ways to deal with their anger. The units are filled with activities and games that will allow students to explore how they currently react to anger situations and to choose new and healthier ways to react. The topics are divided into three sections: Anger Educational Model, Anger Skills, and Interpersonal Skills. This curriculum can be used in a step-by-step fashion beginning with unit 1 and ending with unit 7, or it can be used as completely independent studies on each unit topic.

The Bully, The Bullied, and Beyond

This book will provide you with a comprehensive set of lessons that will help eliminate bullying in your school. It includes more than 250 pages of insights and skill building activities for children who are bullies, bully victims and bystanders. There are suggestions for school wide programs, teacher interventions and help for parents. Suggestions are also included for students with disabilities.

Order Form

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E-mail : _____

Breaking Down the Wall of Anger _____ **Copies @ \$27.00 each =** _____

The Bully, The Bullied and Beyond _____ **Copies @ \$30.00 each =** _____

Shipping : \$3.00 for first book and \$1.00 for each additional book = _____

Total Enclosed

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