



Who Am I?: An Interactive Guide to Self-Discovery for Kids and Parents

Jasmine Bharucha

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Children and teens today are increasingly facing issues of anxiety and stress. Providing young people with the tools, both at home and in school, to help them manage emotions, express themselves positively, and increase well-being is key. "Who Am I?" is the first in a series of groundbreaking "self-help" books by Bharucha aimed at teaching children how to better understand themselves and connect with the others around them. Through simple illustrations and concepts, it offers self-empowering tools to increase confidence and encourage mindful behaviour. "Who Am I?" focuses specifically on teaching children how to break free of limiting thoughts by exploring the concept of being "limitless."

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