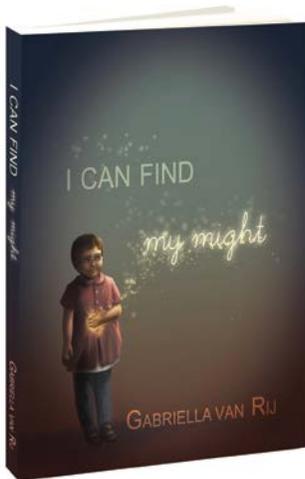


## **Gabriella van Rij Releases Anti-Bullying Book for Children: *I Can Find My Might*—September 2014**



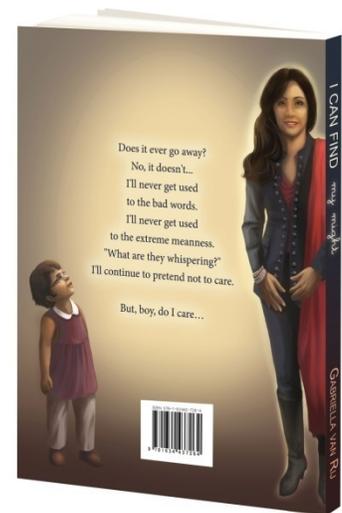
Gabriella van Rij's latest book [\*I Can Find My Might\*](#) is a resource for students, parents, and educators and anyone dealing with bullying, racism, intolerance, and not belonging.

Known for her memoir [\*With All My Might\*](#), which recounts her adoption from a Pakistani orphanage in 1966 at the age of three into a diplomat's family in the Netherlands and the struggles with racism and not fitting in that she faced, Gabriella is an international kindness activist and author and is a frequent anti-bullying expert on various [network shows and news channels](#).

Bullying is the most common form of violence in society today, with more than 3.2 million students bullied each year.<sup>1</sup> Gabriella wrote *I Can Find My Might* not only for the student who is feeling hopeless or helpless due to bullying at school, but also for those children who have bullying tendencies. In this part memoir and part self-help book, she explains how both bullies and those being bullied are mirror images of each other and what children should do with this knowledge.

*I Can Find My Might* is receiving acclaim from teachers, school faculty, and parents. "Gabriella gets to the heart of how a child really feels when they are bullied and made to think they don't fit in anywhere," says Elizabeth Seng, teacher at Our Lady Of Grace Catholic Academy in Illinois. "It then goes a step further to show us how bullies tend to get caught up in circumstances beyond their control. ... This book needs to be placed in school libraries around the world."

Tom Kellogg, English teacher at Tulare Union High School, California, says, "Gabriella is able to connect a very sensitive and controversial issue (bullying) to students of all ages. ... She has the knowledge and, unfortunately, the experience that allows her to speak to all children, as well as adults who still have issues due to childhood bullying. ... This book should be a mandatory read for all children and educators."



Find out more about Gabriella's latest book, her anti-bullying documentary that will launch this fall, and her plans to visit three schools a day (elementary, middle, and high school) across the nation to give her "Dare to Be Kind" message at school assemblies.

<sup>1</sup> Cohn, Andrea, and Andrea Canter, Ph.D. "Bullying: Facts for Schools and Parents." NASP Fact Sheet. Accessed February 9, 2014 [http://www.nasponline.org/resources/factsheets/bullying\\_fs.aspx](http://www.nasponline.org/resources/factsheets/bullying_fs.aspx)