



# **Mut tut gut! Mädchen wehren sich! (Edition Octopus) (German Edition)**

*Michaela Wagner*

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Sicherlich fragst du dich auch manchmal "Wie kann ich mich eigentlich wehren und Grenzen setzen, wenn ich geärgert oder belästigt werde? Welche Tricks und Mittel gibt es, damit man mich nicht nur ernst nimmt, sondern auch in Ruhe lässt und ich mich sogar gegen Gewalt schützen kann?"

Viele Antworten und anschauliche Bilder dazu findest du in diesem Ratgeber. Dieser soll dir einfach und verständliche Lösungsansätze aufzeigen, aus (Stress-) Situationen, die dir aus deinem Alltag bekannt sind.

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