

About The Author

N.E.C. Iankowitz MS, APRN,BC is a certified Family Nurse Practitioner and First Degree Reiki Practitioner. Since 1984 her professional goal has been to facilitate wellness by teaching people how to boost their own immune systems.

The immune system weakening effects of anxiety and stress have been well documented. Bullying contributes to anxiety and stress. Iankowitz believes it is essential to try to diffuse bullying for many reasons, including the physical health of our children.

*"I never met a bully with high self esteem. Since low self esteem seems to correlate strongly with bullying behaviors, it makes sense to me to try to nip classroom bullying in the bud by boosting self esteem in our children. The goal of The Marcy stories is twofold: 1) to raise self esteem in children 2) to empower the recipients of these behaviors with the understanding that bullies are motivated by sadness and insecurity. 'Bullies' are unhappy and insecure. **Marcy and Her Friends** teaches us that bullies need our support. Childhood doesn't have to be cruel. It can be filled with compassion and understanding. I'm delighted that students reportedly feel empowered by the stories in my book."*

~Marcy and Her Friends: A Valuable Classroom Tool~

Since 1996, the Marcy stories have been used in second and third grade classrooms, assisting teachers to facilitate healthy discussions. The **Situation & Lesson Guide for Parents and Teachers** helps target areas of concern surrounding a variety of destructive behaviors.

~Meet the Author~

N.E.C. Iankowitz works closely with libraries, elementary schools & PARP programs in the Lower Hudson Valley to bring bully-free storytelling to life.

To find out if she is available to make a personal appearance at YOUR school, email:

NECIankowitz@yahoo.com

or log onto:

www.NECIankowitz.com

~Attention~

Parents and Teachers

For a FREE printable copy of the *Situation & Lesson Guide*,

log onto:

www.NECIankowitz.com

(Click: Marcy At School)

Ordering Information for the general public:

All Bookstores
Amazon.com
Barnesandnoble.com

or

Simply log onto the author's website:

www.NECIankowitz.com

Schools, libraries, bookstores and religious institutions receive up to a **50% DISCOUNT** when you order directly through the publisher:
1-888-280-7715

*"As a retired Teacher, College Professor, and Clinical/Counseling/ School Psychologist in private practice for over 25 years, I have had the opportunity to read many texts on children, parents, and how to help them. **Marcy and Her Friends** speaks directly to the child's unconscious, much in the same way the fables of Hans Christian Anderson do. NEC Iankowitz, through her book, delivers powerful messages of good role model behavior. For the child, it's an easy read of recognizable situations which are instantly remembered for reference. This gives the parent a wonderful opportunity to share the stories and to discuss the implications as similarities impact on the child's real life. I wish it had been available when I was working. It would have been of considerable value to my students and patients. Highly Recommended"*

~ Dr. Daniel Cohen, Ph.D., Director, New York Testing and Guidance Center (retired)

*"**Marcy and Her Friends** is a wonderful and worthwhile book filled with exquisite life lessons in each story for both children and parents. The stories are creative, enjoyable and deal effectively with life situations that parents and children face. It allows an adult to really understand and appreciate a child's experience through a child's eyes. Your child will love these simply sweet stories while learning powerful lessons. If you're interested in being the best parent you can be, this book is a great tool."*

~Penny Spiwack, Brewster, New York

*When someone is nasty
Or tries to make you cry . . .
Understand that person must be
Very sad inside.*

*Nastiness is really sadness
Wearing a disguise.*

~N.E.C. Iankowitz

***Marcy and Her Friends** is a very realistic and touching book. The situations are so real, that it seems like they are written about each one of us. I can see why children can relate to these stories. It takes great insight to be able to write a book about children from their points of view. Reading the stories we, the adults, can learn a lot about situations that our children are facing and dealing with. I highly recommend it. And maybe someone will take the challenge to translate it to Hebrew.*

~Miriam Rosenberg, Haifa, Israel

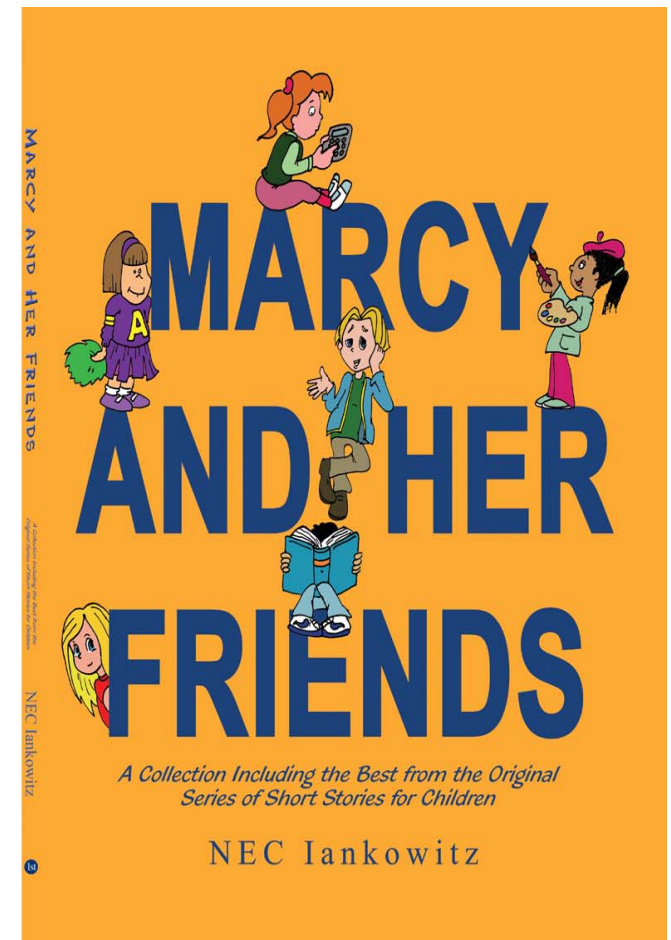


Marcy and Her Friends is a collection of short stories intended to assist parents and teachers in their efforts to help first, second and third graders deal with the vicissitudes of daily life. This series was specifically designed to help our children build self-esteem, since this is an important ingredient in developing the personal strength and courage necessary to say 'yes' to healthy choices in life, and 'no' to unhealthy ones.

Although we are introduced to Marcy as a kindergartner, this collection focuses mainly on Marcy as a sweet second grader with a strong sense of justice and compassion for others. The reader sees how Marcy struggles to complete tasks in the face of life's distractions. We observe how she copes with classroom bullies, handles personal torments, courageously sticks up for a fellow classmate (a new boy who joins the class), and deals with another classmate who is only required to do half of any given assignment while the rest of the class has to do all. The reader cheers when Marcy's inner conflicts culminate in her resolution to do her best, no matter how little effort others around her seem to be putting forth.



All Children Deserve a Bully-Free Education



Let's Work Together To
Help Make
Bully-Free Education
A Reality
In YOUR School

© 2003 by NEC Iankowitz All rights reserved
No portion of this document may be reproduced out of context
without written permission by the copyright holder.