

Newsday

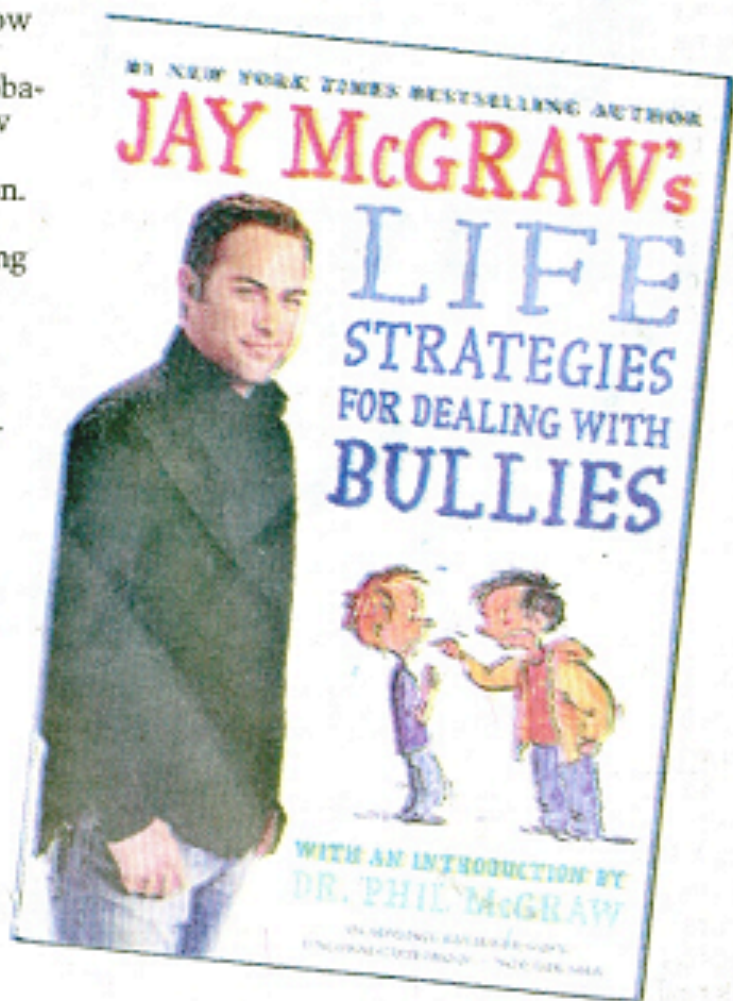
Dr. Phil's son has tips for kids

Because most people know Dr. Phil as, well, Dr. Phil with-no-last-name, they probably don't immediately know that author Jay McGraw is the talk-show therapist's son.

McGraw has followed in his dad's footsteps — helping people through the tough spots in their emotional lives. But the younger McGraw does it through books, and he writes directly to kids.

His latest book, "Life Strategies for Dealing with Bullies" (Aladdin, \$17.99), is geared for children ages 9 to 13 and came out Oct. 28. McGraw's previous books include "Daily Life Strategies for Teens" and "The Ultimate Weight Solution for Teens."

"It used to be that kids knew they could find some relief from pain and humiliation and an escape from harassment in their own homes," Dr. Phil writes in the introduction he penned to the book. "But via the Internet, 'keyboard bullies' can come right into your home, penetrating this once safe haven. If you are being bullied in the real world, the virtual world, or both, and feel that



Jay McGraw's latest book covers kids ages 9 to 13.

there is no escape, this book brings a message of hope and important strategies for protecting yourself and your peace of mind."