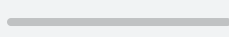



Interview with Trudy Ludwig, Children's Book Author



In this podcast, Trudy Ludwig talks about *Confessions of a Former Bully* and why she writes books focused on social aggression and bullying.

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Trudy Ludwig is an award-winning author who specializes in writing children's books that explore the colorful and sometimes confusing world of children's social interactions. She has a special focus on addressing relational aggression--the use of relationships to manipulate and hurt others. Trudy wrote her first book, *My Secret Bully*, after her own daughter was bullied by some friends. Some of her [other books](#) include *Gifts from the Enemy*, *The Invisible Boy*, *Better Than You*, *Confessions of A Former Bully* and *Just Kidding*.

Trudy's book, *Confessions of a Former Bully*, was featured as ADL's Book of the Month in October 2014.