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.

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.