



The Bully Proof Kid: Bullying Prevention from the Inside Out (Paperback)

By Mark Shepard

Createspace, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Bullying victims are made, not born. Get out of the ranks of the targets and step into your own power peacefully! Author Mark Shepard, a former bullying victim, suffered for years at the hands of bullies until he learned how to Bully Proof himself. You ll learn: >How to keep your cool and self respect no matter what names a bully calls you. >The secret every bully has. >6 Powerful Mind sets that make you immune to any verbal or emotional bullying. >10 Bully-Proofers that put YOU in control. >How to make yourself into a Friend Magnet >4 Powerful ways to use words to harmlessly turn any attack without escalating or lowering yourself to the bully s level. Packed with proven tips, tools, tactics, techniques and resources that work from the classroom to the boardroom.



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