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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 off 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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It is fantastic and great. Sure, it is actually play, nonetheless an amazing and interesting literature. I realized this ebook from my dad and I recommended this pdf to find out.

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