



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.



READ ONLINE

[3.36 MB]

Reviews

Complete guideline for publication fanatics. It is actually written in straightforward words rather than confusing. I am effortlessly could get a pleasure of looking at a written book.

-- **Kirstin Schuppe**

If you need to adding benefit, a must buy book. it absolutely was written extremely perfectly and beneficial. You are going to like the way the blogger compose this publication.

-- **Orlando Abernathy**