



Life After Bullying: Practical, Actionable Strategies to Rid Yourself of Bullies (Paperback)

By MR Nathan S Segal

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. My name is Nathan Segal, and I am a bullying survivor. While there will be some references to my history, the vast majority of what you will read is about how bullies function, how to get them out of your life, and, if you've been traumatized, how to remove the trauma with TimeLine Therapy, anchoring and belief changes. For additional information, visit my blog at or on my YouTube channel at: // IWzXuSRkFM2wZdhNA Here are some of the main topics of this book: - Bullying and Crazy Making Behavior - 10 Facts About the Bully Mindset - Long-term Effects of Bullying - 3 Actionable Strategies to End Adult Bullying - How to Deal with Bullying on Forums - Why It's Important to Expose Bullies - How Bullies Target Their Victims - 5 Ways to Protect Yourself Online - Protecting Your Internet Privacy - How Boundary Violations Can Cause Suffering - The Challenge of Enforcing Boundaries - The Importance of Defining Your Personal Space - How to Set Boundaries with Family Bullies - When it's Time to...



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Reviews

Very beneficial to all of class of people. I am quite late in start reading this one, but better then never. You may like just how the writer create this publication.

-- **Audra Klocko PhD**

Thorough information! Its this type of great go through. It is amongst the most incredible publication i actually have read through. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Germaine Welch**