



## Surviving Bullies Workbook: Skills to Help Protect You from Bullying (Paperback)

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By Dickon Pownall-Gray

Lulu.com, United States, 2006. Paperback. Book Condition: New. Workbook. 272 x 204 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.MIDWEST BOOK REVIEW -- June 06 Specifically designed for use with children ages 11 through 16 (grades 6-10), the Surviving Bullies Workbook (SBW): by Dickon Pownall-Gray is an informative, thoroughly researched, step-by-step instruction guide to dealing with and overcoming the painful childhood experience of being bullied by others. Revealing the root causes involved with bullying, the SBW demystifies bullies while offering exercises for escaping from the isolation trap, rebuilding personal confidence, developing an antidote to the effects of bullying, developing the skills and opportunities for making new friends, and building new social networks -- all in a compelling and user-friendly format which is very strongly recommended for all children struggling with the difficult troubles of bullies and their parents who are searching for an inspirational education on the truths of the matter. The SBW should be a part of every community's overall strategy for dealing with bullies and bullying.



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