



## Anti-Bullying 101: A Quick Guide on How to End, Overcome, and Rise Above Bullying (Paperback)

By Howexpert Press

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. There are so many books about bullying, but many of them do not cover how to rise above bullying while you are experiencing it or after it occurs. It covers exactly what we can do to rise above the experience of feeling pushed down. Society often forgets that the effects of bullying does not end once the school day ends or you put on your high school cap and gown, and have a diploma in your hand. For many people, their personalities and life tracks are shaped by what happened to them in school. Regardless if you are a tween, in your mid-twenties, a seasoned professional with school-age kids of your own, or still in school, you can benefit from this book. Christina Catalano, a survivor of bullying by the hands of classmates that occurred from the first day of kindergarten to the last of high school, walks readers through how to use your experiences being bullied for positivity rather than negativity. She breaks down the book to make it easy to read and follow along with, and details steps to...



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