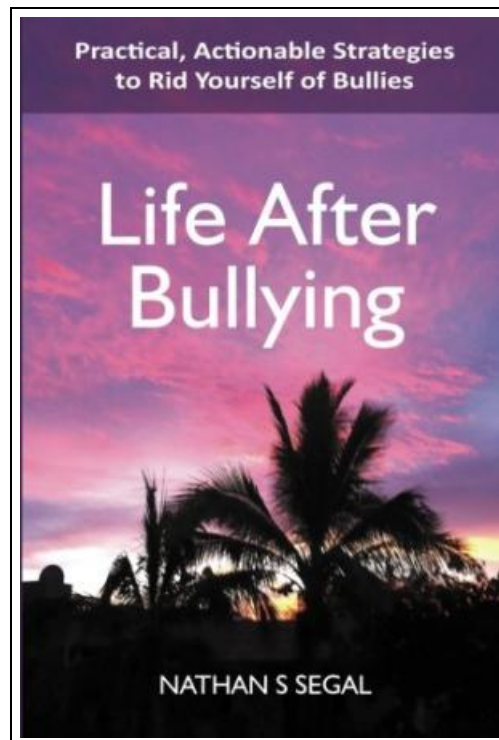


## Life After Bullying: Practical, Actionable Strategies to Rid Yourself of Bullies (Paperback)



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## LIFE AFTER BULLYING: PRACTICAL, ACTIONABLE STRATEGIES TO RID YOURSELF OF BULLIES (PAPERBACK)



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 Sever the Ties - 3 Steps to Effective Workplace Boundaries - Relationship Breakups: How to Get Over Anyone in a Few Days - The Myth of the Sacred Family Bond - 5 Facts About Abusive Relationships - How Automatic Thoughts Can Cause Suffering - How to Recover from the Effects of Bullying Faster Than You Ever Dreamed Possible with TimeLine Therapy The chapter on TimeLine therapy is of crucial importance. Before that session, I thought I would suffer from the effects of bullying for the rest of my life. The TimeLine Therapy released the bulk of the trauma from my...



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