



Bullied: Why You Feel Bad Inside and What to Do about It

Katherine Mayfield

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Too many people take their lives-or commit violence toward others-because they don't know how to cope with intense feelings. When people aren't encouraged to talk about what's going on inside, their emotions can become overwhelming. Some of them lash out at others, and some of them sink into despair, believing that suicide is the only option.

When someone is bullied, whether it's a kid in school or a white-collar worker in a major corporation, the first impulse is to keep the incident to themselves, and hope it doesn't happen again. But bullies are persistent, and as the problem escalates, the victim can feel as if there's nowhere to turn, and no one is safe to talk to.

This revised second edition of *Bullied: Why You Feel Bad Inside and What to Do About It* offers hope to kids and adult victims of school, workplace, or family bullying. Written by award-winning author Katherine Mayfield, *Bullied* teaches the skills and tools of emotional intelligence, and offers a simple four-step plan that readers can use to manage their difficult feelings and express them in healthy ways.

The book also includes tips for coping with bullies; hotlines and advice for people who are considering suicide; suggestions for raising self-esteem; interviews with psychologists and adults who were bullied in childhood and took steps to recover from the trauma; and resources for people who feel they have nowhere to turn. Quotes from famous people, designed to help distressed readers think differently about emotions, confidence, and success, are included throughout the book.

Bullied shows readers how to manage sadness and depression, anger, and fear, how to ask for help and support, and how to raise self-esteem. There's also a section for people who bully others and want to stop. The Foreword to the book has been written by Michelle Baker, Director of Education of the Blaze My Trail Youth Program.

This revised second edition provides information on workplace bullying.

Praise for *Bullied: Why You Feel Bad Inside and What to Do About It*:

"*Bullied* gently gives readers many of the tools to start pulling themselves out of a situation that can appear hopeless. Mayfield explains why kids become bullies, what to do when parents or teachers are the bullies, and tips for when a student gets so mad he or she feels tempted to hurt someone. Most importantly, she urges the victim to remember that the situation will get better in the future."--*Voice of Youth Advocates*

"In less than 100 pages, this book can help people through the challenge of being a bullying victim as well as understand how their own anger can inadvertently cause them to become a bully."--**PsychologyToday.com**

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Vicki Head:

A lot of people always spent their very own free time to vacation or maybe go to the outside with them family or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or playing video games all day long. If you need to try to find a new activity honestly, that is look different you can read any book. It is really fun for you. If you enjoy the book that you just read you can spent the entire day to reading a publication. The book Bullied: Why You Feel Bad Inside and What to Do about It it is quite good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space to bring this book you can buy the actual e-book. You can m0ore easily to read this book out of your smart phone. The price is not too costly but this book possesses high quality.

Helen Noyola:

The book untitled Bullied: Why You Feel Bad Inside and What to Do about It contain a lot of information on that. The writer explains the girl idea with easy way. The language is very clear to see all the people, so do not worry, you can easy to read that. The book was authored by famous author. The author brings you in the new period of time of literary works. You can read this book because you can read more your smart phone, or product, so you can read the book inside anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site in addition to order it. Have a nice read.

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