

Help & support for people affected by
crime, anti-social behaviour, domestic violence,
school bullying & natural disasters -
bully.com

Bullied

Bullied Book

£2.00

Award winning Police Officer Neville Evans provides insight and methods that will help you solve your bullying problem. Written specifically for the bullied victim, you will learn how to:

1. Identify Bullies, why they do it and how?
2. Break the myth surrounding Bullying, understanding that Domestic Abuse is also Bullying.
3. Stop confrontation from escalating and making the situation worse.
4. Keep you and your family safe from violence.
5. Learn to manage verbal bullying.
6. Understanding your emotions.
7. Develop coping skills through the practice of Meditation.
8. Improve your schools response to Bullying and reduce the risk to your child.
9. Understanding the legal system and building a bullying case.

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A typical review

Absolutely from-the-hip, practical advice on how to cope with bullyingâ€™™.

In this 115 page paperback, Neville Evans, an award winning Police Officer, answers a lot of questions you might like to ask. What do I do to avoid trouble? How does the law protect me or my children?

Written from a street awareness perspective, Bullied is a little gem for those seeking realistic suggestions to diffuse aggression at school, in the workplace or in the pub on a Saturday night.

Covering verbal bullying, domestic abuse and relationship break-up, Bullied is essential reading for anyone wanting a flight plan to follow if they are being victimised.

Bullied has clear step by step instructions from "how much" and "exactly what" to record if you receive threatening texts or physical and emotional bullying at work, for example, which is a must for anyone daunted by being told "write it down".

Bullied has a wealth of good advice from how to make a police statement to what to expect when attending a Employment Tribunal. In fact Neville has covered a whole range of issues which need addressing by anyone unfortunate enough to be caught up in the insidious web of bullying behaviour.

Aimed primarily at assisting the victim to develop coping skills, there is a wealth of practical advice in Bullied from simple meditation advices to exercises in developing human observation. Well worth a read.

[Vendor Information](#)