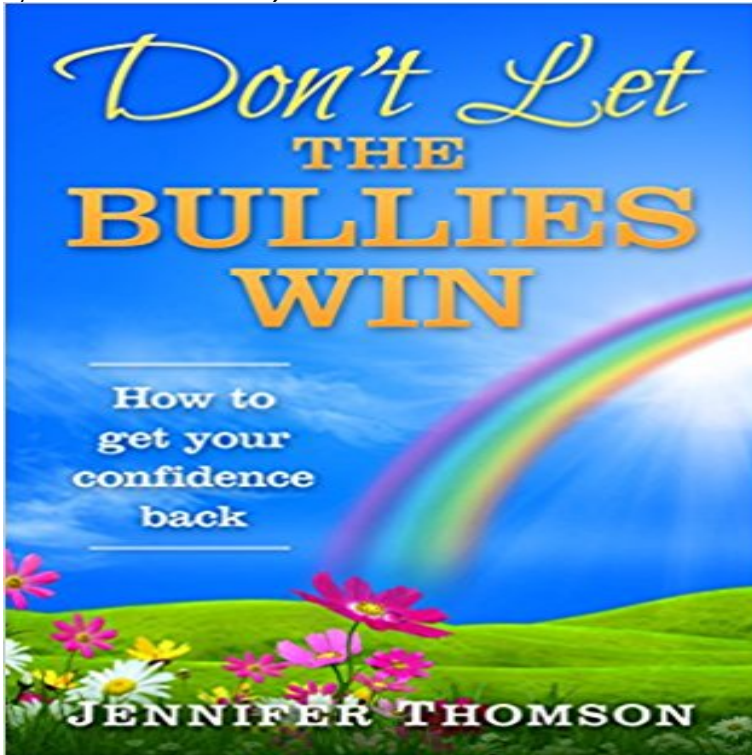


## Dont Let the Bullies Win - How to Get Your Confidence Back: (Finding your rainbow)



Were you bullied at school and youve never got over it? Do you find it stressful dealing with difficult people? Would you like tips on how to cope with these difficult people? This is the book for you. Written by a bully survivor whos been there and who managed to find her own rainbow, Dont Let the Bullies Win: How to get your Confidence back, offers tips on - How to stop blaming yourself for what happened How to deal with lifes other bullies you know the type; they push in front of you in the shop queue saying Ive only got 5 items Helping yourself to feel better about yourself, including confidence tricks. What to do about bullying at work

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