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Bullies to Buddies: How to Turn Your Enemies Into Friends

Izzy Kalman

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Is your child being bullied on a daily basis and all their efforts to make it stop aren't working? Have you informed the school authorities about the problem, only to discover that the bullies blame your child and are now calling them a snitch? Wouldn't it be great if your child were empowered to solve their problems with bullies all by themselves so that the torment and the battles with the school could finally be over? This book may very well be the answer you are desperately looking for. It is designed to teach your child (or yourself) how to make the bullying stop, without needing anyone else s help and without getting anyone in trouble. This way they don't get labeled informers and prevent a revenge response. (The book is also helpful for adults who are being bullied.) Bullies to Buddies: How to Turn Your Enemies into Friends, is a clearly written primer in basic psychology that makes it easy to understand the dynamics of bullying and how to use that understanding to easily and quickly stop being bullied on their own, often even turning their former bullies into buddies. It can also be used as a social skills textbook in school. It is based on time-honored principles that are taught by all major schools of psychology and psychotherapy, including cognitive behavior therapy, rational emotive behavior therapy, Adlerian psychology and positive psychology. It is also consistent with the teachings of all major religions and systems of philosophy. The book makes a unique contribution to both psychology and ethics by explaining how the Golden Rule works scientifically. When your child becomes a social winner, their self-image as well as the way others see them improves. They become more popular because kids are no longer embarrassed to be seen associating with the big loser. You are also likely to find your child's academic functioning improving because they can go back to concentrating on learning. The book teaches how to handle all the common types of bullying, such as verbal insults including those of a sexual and racial nature, rumors, taking of possession, social exclusion, cyberbullying and hitting/pushing that don t cause injury. It also teaches how to get along better with siblings, teachers and parents. It has become common to label all aggressive behavior, from eye-rolling to rape and murder, as bullying. This book explains the difference between bullying, which is an inevitable phenomenon that we all deserve to learn how to handle on our own, and criminal behavior, which should be handled by the authorities.

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