



# Life Without Bullying: A Practical Guide (10-Step Empowerment)

*Lynda Bevan*

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# Life Without Bullying: A Practical Guide (10-Step Empowerment)

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Do you ask yourself, "where is the person who could deal with the daily problems of relationships and life, gone, or indeed have I not yet learned to think and act for myself?"

If you answered *YES* to any of these questions, then this book is for you.

*Life Without Bullying: A Practical Guide* is an essential tool in assisting you to change your position from being emotionally dependent on your partner to becoming emotionally independent. It will assist you in changing from being emotionally inadequate to becoming emotionally adequate. This book will enable you to become the person you once were or it can change you to becoming the person you have always wanted to be.

"It is hard to believe how much useful information the author has packed into this slender tome."

--Sam Vaknin, PhD, author of *Malignant Self Love: Narcissim Revisited*

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