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Sommario/riassunto	When we are bullied, we experience anxiety, stress, relationship strain, depression, and in persistent and severe cases, suicidal ideation that can lead to attempts or violent behavior against the bullies themselves or others. But what about the lasting effects? What consequences do adults face as a result of being bullied as children and adolescents - years or even decades later, how have these experiences impacted adult friendships and intimate relationships, decision making, and self-regard? In this book, Ellen deLara draws from original research including over 800 interviews to address the