

1.	Record Nr.	UNISALENTO991000610179707536
	Autore	La Porta, Filippo
	Titolo	La nuova narrativa italiana : travestimenti e stili di fine secolo / Filippo La Porta
	Pubbl/distr/stampa	Torino : Bollati Boringhieri, 1995
	Descrizione fisica	230 p. ; 20 cm
	Collana	Temi ; 46
	Disciplina	853.9140
	Soggetti	Letteratura narrativa italiana
	Lingua di pubblicazione	Italiano
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
2.	Record Nr.	UNINA9910679437503321
	Autore	Clifford Lorenza
	Titolo	Survive bullying : how to stand up for yourself and take control / / Lorenza Clifford
	Pubbl/distr/stampa	London : , : A & C Black, , 2006
	ISBN	1-280-70603-1 9786610706037 1-4081-3409-8 1-4081-0168-8
	Descrizione fisica	1 online resource (97 p.)
	Collana	Steps to Success
	Disciplina	658.382
	Soggetti	Bullying in the workplace Bullying in the workplace - Prevention
	Lingua di pubblicazione	Inglese
	Formato	Materiale a stampa
	Livello bibliografico	Monografia
	Note generali	Description based upon print version of record.
	Nota di bibliografia	Includes bibliographical references (p. 86) and index.

Nota di contenuto

Cover; Titlepage; Copyright; Contents; About the author; Are you being bullied?; 1 What is bullying?; 2 Understanding why bullies behave as they do; 3 Understanding why bullies are picking on you; 4 Rebuilding your confidence; 5 Thinking about moving on; 6 Making a stand; 7 Whistleblowing; 8 Breaking the chain; Where to find more help; Index

Sommario/riassunto

Bullying at work is a serious problem for many people today. Anyone who has ever been bullied will know how demoralising and difficult it can be, and at times it can seem as if there is no escape. Covering everything from understanding why bullies behave as they do, to standing up for yourself and knowing your rights at work, *Survive Bullying* can help you make the best of a challenging situation. Whether you are being bullied yourself or want to help a victim of bullying, this book is full of essential information that can help everyone move on with their lives. This book features a quiz, ste
