

1. Record Nr.	UNISALENT0991000610179707536
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