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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