



Insight into Child and Adult Bullying (Waverley Abbey Insight Series)

Helena Wilkinson

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Insight into Child and Adult Bullying by Helena Wilkinson is the latest in the Waverley Abbey Insight Series. Written from personal and professional experience, *Insight into Child and Adult Bullying* will help sufferers, and those standing alongside to help them, to: recognise the signs of bullying; answer the question 'Why me?'; understand the traits of bullies; establish strategies to combat bullying; and take the first steps to recovery.

Bullying is far more widespread in society than we realise; and patterns of being targeted as a child often repeat themselves in adulthood, within social networks, the workplace and sadly, at times, even the Church. This comprehensive, practical and empathetically written guide will empower the target, provide insight for the bully and equip those supporting people caught in the bullying cycle.

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