



I Survived Workplace Bullying Three Times: And Lived to Tell My Story

By Nancy S Stjepanovic

Balboa Press, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. We are not victims of our circumstances and bullying does not have to be a negative experience Being bullied at work is extremely stressful and it can be damaging to our health, relationships, finances and future goals. Health professionals are concerned that bullying may be a possible cause of long term mental health conditions, unemployment and social exclusion. Bullying is generated from fear which comes from beliefs we inherit or pick up through life. These beliefs limit our progress but we have the power to change them. This book takes us on a unique journey from exploration of our beliefs to building resilience, from fear to love and from despair to inspiration giving us hope that surviving bullying is possible and without depending on prescribed or illicit drugs, alcohol or long term therapy. This book inspires and empowers with a different perspective on dealing with bullying. It takes us from victims to victors to create the reality we prefer. We attract bullying into our lives to learn new ways of thinking and behaving. And the only way...



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