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TEDxSantaBarbara**

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As someone who
works with
survivors of

intimate spousal
bullying,"Free
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"Bullying" strikes me as an incredibly useful and necessary book. Bullies only ever get away with their behaviour because their targets don't see that behaviour for what it is, and

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therefore don't
respond
appropriately.

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not be

deliberate. If

you can, talk to

the person in

question as they

may not realise

how their

behaviour has

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affected you.
Work out what to
say beforehand.
Describe what's
been happening
and why you
object to it.
Stay calm and be
polite. If you
do not want to
talk to them
yourself, ask
someone else to
do it for you.

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Keep a diary

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