



# Bully Proof: How to Handle Harassment at Work

*Jean Kelly*

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## **Bully Proof: How to Handle Harassment at Work** Jean Kelly

The only book of its type to teach you how to be confident in coping with difficult workplace relationships, feel resourceful in challenging unacceptable behaviour from colleagues or managers and ensure that you do not fall victim to a harasser or bully. In this practical book, Jean Kelly shows you how to employ successful strategies other people have used to stay on course believing in themselves when faced with harassment or bullying at work. Jean contends you do not need to become a victim to other people's unpleasantness and we have the power within ourselves to cope with interpersonal challenges. Read this book and become BULLY PROOF.

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