



My Secret Bully

Trudy Ludwig

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THE SECRET'S OUT ON BULLYING

Here is the all-too-familiar story of Monica. She and Katie have been friends since kindergarten. Monica loves being around her when she's nice. But there are times when Katie can be just plain mean. And Monica doesn't understand why.

Monica is a target of **relational aggression**, emotional bullying among friends who will use name-calling and manipulation to humiliate and exclude. But with a little help from a supportive adult—her mother—Monica learns to cope and thrive by facing her fears and reclaiming power from her bully.

Including a foreword by the founder of the The Ophelia Project, as well as helpful tips, discussion questions, and additional resources, *My Secret Bully* is a vital resource for children, parents, teachers, and counselors.

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From reader reviews:

Mary McDonald:

Spent a free the perfect time to be fun activity to try and do! A lot of people spent their leisure time with their family, or all their friends. Usually they doing activity like watching television, likely to beach, or picnic inside the park. They actually doing same every week. Do you feel it? Do you want to something different to fill your own free time/ holiday? Can be reading a book may be option to fill your free of charge time/ holiday. The first thing that you'll ask may be what kinds of book that you should read. If you want to consider look for book, may be the guide untitled My Secret Bully can be excellent book to read. May be it is usually best activity to you.

Frances Sitz:

My Secret Bully can be one of your nice books that are good idea. Many of us recommend that straight away because this guide has good vocabulary that will increase your knowledge in vocabulary, easy to understand, bit entertaining but nonetheless delivering the information. The copy writer giving his/her effort to set every word into delight arrangement in writing My Secret Bully however doesn't forget the main place, giving the reader the hottest as well as based confirm resource information that maybe you can be considered one of it. This great information can easily drawn you into fresh stage of crucial imagining.

Doug Campbell:

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William Kozak:

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