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- Recognise and defeat bullying behaviour simply and straightforwardly. - Understand the bullying dynamic, and learn how to alter it in your favour. - Respond effectively to a range of bullying tactics including slander, gossip, rage, lies and innuendo. - Defend yourself when your performance is questioned as part of a bullying campaign.

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As someone who works with survivors of intimate spousal bullying, "Free Yourself from Workplace 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 therefore don't respond appropriately.

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The bullying may not be deliberate. If you can, talk to the person in question as they may not realise how their behaviour has 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. Keep a diary

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