



Sei stark!: Selbstbewusst gegen Mobbing, Ausgrenzung... und was dich sonst runterzieht (German Edition)

Nick Vujicic

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Hänseleien, Lästereien, bedrohliche Situationen und Attacken - Nick kennt sie von Kindheit an. Und er erlebt sie auch heute immer wieder, zum Beispiel durch einen Betrunkenen am Hotelpool.

Was hilft gegen Pöbeleien und Angriffe, was gegen Ausgrenzung und Mobbing in Schule und Beruf?

Mit viel Erfahrung, Humor und mit erprobten Tipps aus der Anti-Mobbing-Beratung zeigt Nick...

...wie Situationen richtig einzuschätzen sind

...wie man sich innerlich wappnen kann

...was man konkret unternehmen kann

...wie jede und jeder die Abwärtsspirale stoppen kann

...wie man das Selbstbewusstsein stärkt und die Opfer-Jacke auszieht



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Russell Love:

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