

Bullies Below The Radar: How to Wise Up, Stand Up and Stay Up

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The person portrayed in this book is a composite of those who took part in actual coaching sessions.

Names, occupations, biographical information and locales have at times been changed.

No two bullies are the same, but their patterns of behavior are the same.

That's why you'll recognize many of the issues and patterns in Grace's story. That's why I've been able to identify countermeasures that can be applied to any bullying situation.

These strategies and techniques are offered as guidelines only.

Every person is unique. Every situation is unique. What works in one situation may or may not work in another. The direction taken by one person in one situation may be opposite from the direction taken by another person in what seems like the same situation.

Therefore, I can't tell you exactly what to do. We would need to examine the specifics of your situation before we could create a customized plan that fits your individual goals and situation.

Then a miracle can happen – you will change, your life will open up and become as glorious, rich and rewarding as you've hoped and dreamed. That's what I hope will happen.

These strategies work.

This book and the companion books, *How to Protect Your Personal Ecology* and *How to Stop Bullies in Their Tracks*, will help you gather and apply all your abilities effectively. Don't just pick one technique and jump in. Act systematically, with determination and perseverance, so that a miracle is more likely to happen.

If at first you don't succeed, call and we can develop new strategies. Use good judgment and uncommon sense about what will work for you and what sequence of steps to follow, depending on the responses you get at each step. Remember how you learned to walk – step-by-step, going forward and back, trying and sometimes falling, but always adjusting to the feedback you got.

For life-coaching, presentations and business consulting, contact Dr. Ben at 303-458-6616.

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“Your greatness unfulfilled is a great tragedy.”
Ben Leichtling

More Powerful Programs

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About Dr. Ben Leichtling



BEN LEICHTLING, PH. D., directed bio-medical research laboratories for 21 years. He co-authored over 30 scientific papers and book chapters. Since 1985, he has been a life-coach, psychotherapist and business consultant.

Over 170 of his articles have appeared in national business, trade and psychotherapy publications. He writes a leadership column for the Denver Business Journal. His expertise has been featured in Entrepreneur, USA Weekend and the Harvard Management Update.

Dr. Leichtling says, “I developed my skills in the heat of the moment – through trial and course-correction. Of course I learned from books and courses. But you learn the most from real life and by modeling great people. Growing up in New York City I learned how to wise up, stand up and stay up. Later I learned even more with six children in our stepfamily – including five teenagers at one point.”

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