



# **Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves**

*Adam Brouillard, Keith Vitali*

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Grade school bullies are a fact of life. But kids can protect themselves from these tormenters, thanks to Keith Vitali, a Black Belt Hall of Famer and a past guest on the The Oprah Winfrey Show. He shows parents some very basic self-defense techniques that they can teach their children so kids have the skills to stand up for themselves in everyday situations. Vitali's simple instructions come accompanied by lots of black-and-white photographs in easy-to-follow, step-by-step sequences. In addition to explaining these defensive moves, Vitali explains what a bully is and the motivations behind his or her actions. Real-life stories provide additional insight into the emotional harm done to the victim, making this a valuable tool for parents and teachers alike.



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#### **Kenneth Clark:**

A lot of people always spent their free time to vacation or even go to the outside with them household or their friend. Are you aware? Many a lot of people spent they will free time just watching TV, or maybe playing video games all day long. If you need to try to find a new activity that is look different you can read any book. It is really fun to suit your needs. If you enjoy the book that you simply read you can spent the entire day to reading a guide. The book Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves it is very good to read. There are a lot of individuals who recommended this book. These people were enjoying reading this book. Should you did not have enough space to bring this book you can buy typically the e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not very costly but this book provides high quality.

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