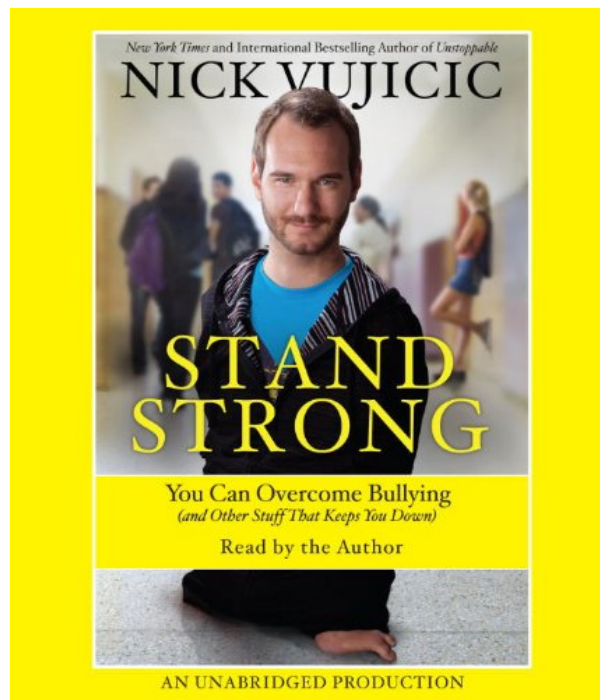
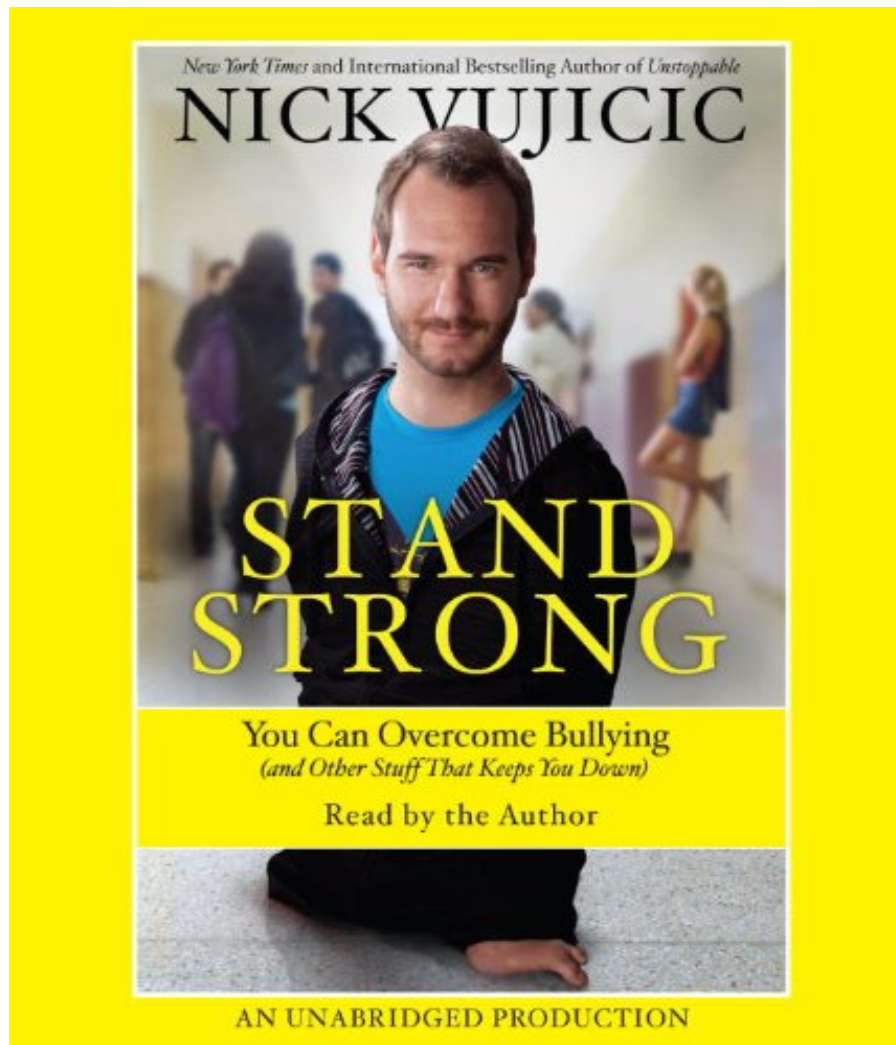


STAND STRONG: YOU CAN OVERCOME BULLYING (AND OTHER STUFF THAT KEEPS YOU DOWN) BY NICK VUJICIC



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PDF

With no arms, no legs, and no defense, Nick Vujicic was once a bully's target and knows what it feels like to be picked on and pushed around: It makes your stomach hurt, gives you nightmares, and feels like there is no hope in sight. But Nick shows how you too can overcome and rise above bullying.

No Bully Can Define Who You Are

Nick has experienced bullying of all kinds for being "different." But he's learned that he doesn't have to play the bully's game—and neither do you. In Stand Strong Nick gives you strategies for developing a "bully defense system," so you can handle bullies of all kinds by building your strength from the inside out.

Find out how to:

- Turn being bullied into a great opportunity (yes, really!)
- Create a safety zone within yourself
- Establish strong values that no bully can shake
- Deal with cyber bullies
- Develop a spiritual foundation to stay strong against bullying
- Monitor your emotions and control your response to them
- Help others who are being bullied

Are you facing the unwanted attention of a bully? You can stand up to the challenge, because you have greater power over your feelings and your life than you may think! Just ask Nick--the man with no arms or legs...and "a ridiculously good life."

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- Running time: 270 minutes
- Binding: Audio CD

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Most helpful customer reviews

1 of 1 people found the following review helpful.

God has a much better plan for our life than we can imagine

By Malgorzata Stegenka

I read this book as a parent and as a teacher. "Stand Strong" contains excellent tips for the young people on how to build their self-esteem and inspires them how not to make the mistakes Nick did as a kid. Readers can learn from his mistakes but also from his victories, which are enormous and numerous. I liked the part where he talked about his bad habit of swearing and how he overcame it. I believe Nick is an excellent role model for the young especially that his values are strong and he practices what he preaches. God has a much better plan for our life than we can imagine- he says and that's why Nick tells his readers to always believe in the better future ahead of them, even in the hardest times. I recommend this book to all teens and their parents.

0 of 0 people found the following review helpful.

Four Stars

By JW

Doesn't suit my situation, but this man is quite impressive with all the odds against him.

0 of 0 people found the following review helpful.

And who better than Nick to encourage kids who get picked on

By Rodger C. Niemeier

Anything by Nick is hugely inspirational! Gave this for Christmas to my grandsons, who have had to endure bullying at school. Just not that many books written FOR the young teen on this topic! And who better than Nick to encourage kids who get picked on! I thank the Lord for Nick and speaking through him to be such an encouragement. This would be a great book for a parent and their kids at any grade level to go through together!

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