



# How to Stop Sneaky Bullies

*Ben Leichtling*

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## **How to Stop Sneaky Bullies** Ben Leichtling

If you:

- Live in frustrating, painful, hostile, toxic, hostile relationships or a marriage full of drudgery and pain.
- Get worn down by passive aggressive manipulation, negativity, criticism, harassment, control, emotional intimidation, endless arguing, bullying or abuse.
- Suffer in silence – watching yourself or your spouse, your children or friends get bullied.
- Try to be sweet and nice, reasonable and understanding, people pleasing and serving others, and still get bullied.

This book is for you!

This case study uses a long-term relationship with children to demonstrate methods that will help you take power and stop bullies in any situation in personal life, at school and at work. Learn how to:

- Recognize and stop sneaky bullies in any relationship – on first dates or even if you are married with children; with toxic parents, toxic adult children or narcissistic friends; at work and at school.
- Set effective boundaries so you can get treated like you want.
- Have the loving, long-term relationships and friendships you desire.
- Create a bully-free environment.

Go beyond magical thinking – searching for a technique that will work instantly, easily and last forever.

With this book you can learn real-world methods to:

- Change your mind-set.
- Build character, courage and skill.
- Stop controllers, critics, exploders, pushy perfectionists, emotional intimidators, smiling manipulators and relentless arguers.
- Stop bullying spouses, dates, parents, children, relatives and friends.

## Reviews

“Finally, a ‘how-to’ guide to stand up to bullies at work, at home and in the neighborhood.” Ed Tate, 2000 World Champion of Public Speaking, President, Ed Tate & Associates, LLC

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“Your quote, ‘History is not Destiny’ is so empowering. We don't have to continue on the same path and do things the same way. You speak loud and clear to all of the choices we really do have” Diane Sieg, Author, “Stop Living Life Like An Emergency!”

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“You’ve found the secrets. Your real-world examples and practical, step-by-step instructions are awesome. I wish I had seen this book years ago. This could have helped me with a boss early in my career.” Marcia McGilley, Author, “Help And Hope For Those With Cancer”

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“The book is full of real-life examples that anyone can relate to. I love how there are quotes sprinkled throughout. Dr. Leichtling has written about something that is timeless. Other great minds have also thought these things. Sit down with this book. You might see yourself or someone you love, and it would be worth your time!” Christie Ward, Principal, The Impact Institute

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### **From reader reviews:**

#### **Frances Savage:**

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#### **Lonnie Hammer:**

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