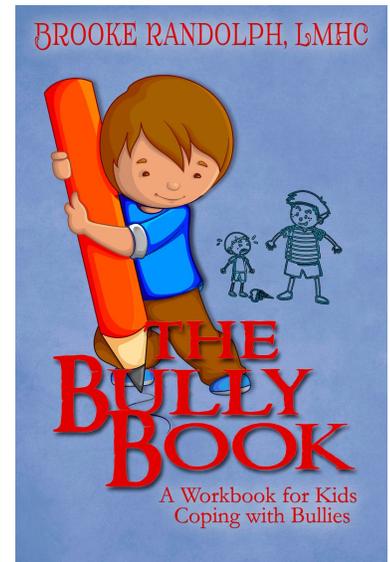


New Self-Help Book for Kids who have been Bullied

The Bully Book: A workbook for kids coping with bullies (2016) is a simple therapeutic tool to help children process a personal experience with bullying. With about 77% of students reporting being bullied, this sorely needed self-help book is designed specifically for children to complete and make their own. Working through this book - alone, with professional guidance, or with a parent's encouragement - can help a child move from feeling like a victim to feeling empowered, capable, and confident. Despite the simplicity of *The Bully Book*, the power of telling one's story can make a profound impact on a child processing distressing or confusing events. The Bully Book is the first in a series of books to help kids cope with difficult situations and emotions.

The Bully Book author Brooke Randolph, LMHC, is a therapist, wife, and parent (adoptive, step, one-time kinship, and even grand). She is a private practice counselor in Indianapolis, Indiana, and the mental health expert contributor at DietsInReview.com, a national diet and fitness column. She was a founding member of MLJ Adoptions, Inc., where she served as the VP of Social Services for seven years. She is a Young Professionals Advisory Board member for The Villages, which is Indiana's largest not-for-profit child and family services agency, serving over 1,400 children and their families each day. Brooke adopted an older child internationally as a single woman, which she considers one of the most difficult and most rewarding things she has ever done. She is the author of [The Bully Book: A Workbook for Kids Coping with Bullies](#) (2016) and a contributing author to [Adoption Therapy: Perspectives from Clients and Clinicians on Processing and Healing Post-Adoption Issues](#) (2014). She has authored adoption education materials and presented at numerous conferences and workshops throughout North America. Brooke is primarily motivated to encourage, equip, and empower individuals and couples toward more whole-hearted living and conscious relationships.



Professional Discount

The Bully Book is designed to be a tool that therapists, teachers, and school counselors can use to work with children who have had a bullying experience. Professionals who wish to place a bulk order (10 or more) can do so at a discounted rate simply by emailing the author at choosing-change@brooke-randolph.com with the mailing address and number of copies requested. *The Bully Book* can also be purchased from Amazon at bit.ly/thebullybook

Therapist Reviews

Lesli A. Johnson, LMFT: *The Bully Book* emphasizes in a gentle way how caregivers can help facilitate a child's innate resilience through storytelling. When adults have made sense of their own narratives, they are better able to be fully present and help children navigate even the most difficult situations. Connecting the dots of our stories is so important for healing and Brooke illustrates how to help our kids acquire this important skill.

Bonnie Brinkman, MA: *The Bully Book* is a must-have resource for all those involved with children. All adults will find themselves more attuned, more responsive and more accurately reading what's going on in those little brains. Randolph demonstrates best practices with children in their anxious moments when she unfolds a story and invites opportunities for connection during a versatile sentence stem activity that can be used for any topic.

There was a time that 'children are to be seen and not heard.' As Oprah has said: "Now we know more, so now we can do better." *The Bully Book* is that better way of guiding a child through developmental stages that creates empowered, self-knowing and resilient future adults.

Lindsay Gayle, LCSW: This book does a wonderful job providing children the opportunity to process and express their thoughts, concerns, feelings, and experiences with bullying. It is well organized and thorough, giving kids some concise information and the space to work at their own pace. It is great for parents and professionals who work with children to help them through a time that is often very shameful. As a child therapist, I highly recommend it.

Kim DiNuzio, LCSW: *The Bully Book* is a great workbook for kids to process their experiences with bullies. Parents/Caregivers, Teachers, and Mental Health Professionals alike will appreciate this easy to use book when supporting kids. The combination of sentence stems, narrative processing, and artistic processing allows kids to process in a way that fits best for them. A staple on the bookshelf!

Kid Reviews

Elliot LaMantia, age 7: "I really liked to draw about some of the things that were bothering me. I don't like being bullied, and I don't like when bullies bother my friends. I don't ever want to be a bully, and I know that I can tell my teacher or mom or dad if I have a bully."

Trajan Campbell, age 7: It would help cope with bullies to draw."

Zoe Lowe, age 8: "I now know what to do when someone makes fun of my butt crack."

Parent Reviews

Mark Dolfini: This is a thin book, seemingly a fast-read, but it is so much more than that. Following the format of that of a workbook to help children establish their own thoughts on bullying in a safe environment. Let's face it, we've all been bullied at one point or another and we would love to have had the tools in place in advance. I think this is a brilliant way to do it, both for the Visual and Kinesthetic learner. The pages are meant to be either drawn on or written in, which really speaks to the different learning and interaction styles. It's a simple book with a brilliant premise. I'd recommend this book without reservation to anyone that has children or works with children.

Roger Rexroad: As I read through this I was struck with the simplicity of the concept but how deep an impact it could have. Thoughtful questions in a safe environment can give such freedom to kids to explore how they feel even when they may not know themselves. This book helps put kids in a place where they can begin to process what they are feeling in a healthy way and also allows a parent a window into their kids hearts. A must buy even if you don't think your kids have dealt with this.