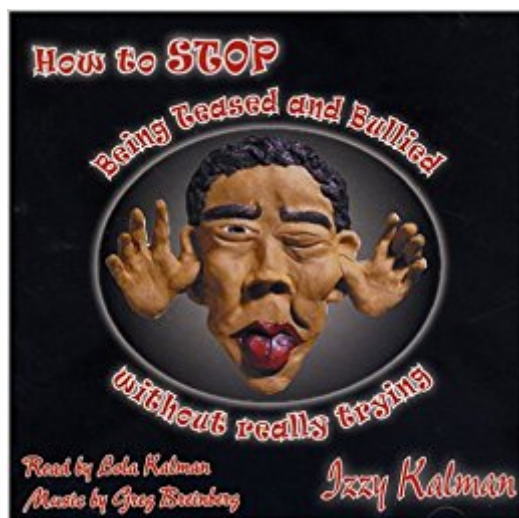


The book was found

How To Stop Being Teased And Bullied Without Really Trying



Synopsis

"The attitude, "You have no right to say that," fuels almost all social conflicts. Hence, true freedom of speech is the ultimate solution to the problem of teasing and bullying. Izzy's "game" gives kids terrific practice in stopping bullying, and helps them understand the secrets of human nature that can help end verbal abuse. In contrast to most anti-bullying approaches, Kalman teaches kids how to solve problems for themselves and without getting anyone in trouble."

Book Information

Audio CD

Publisher: Wisdom Pages; Unabridged edition (May 2004)

Language: English

ISBN-10: 0970648227

ISBN-13: 978-0970648228

Product Dimensions: 0.5 x 5.5 x 4.8 inches

Shipping Weight: 4 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 8 customer reviews

Best Sellers Rank: #2,202,576 in Books (See Top 100 in Books) #93 in [Books > Teens >](#)

[Social Issues > Violence](#) #354 in [Books > Teens > Social Issues > Self-Esteem &](#)

[Self-Reliance](#) #359 in [Books > Teens > Personal Health > Self-Esteem](#)

Customer Reviews

"I'd paid plenty of dollars for bully books only to throw them aside. I only use Izzy's cd now." -- By Grahame Williams. NSW. Australia Kids find it 'makes sense' and are willing to work on the steps. I love it. -- Lamberta Doll Licensed School Social Worker Redwood Falls, MN Your excellent program has changed the lives of many of my clients. -- Tony L. Trimble, Ed.S LMHC, SP, ACC Psychologist Youth Intervention Program Volunteers of America, Indiana

Izzy Kalman, a school psychologist and psychotherapist living in Staten Island, New York, is an expert in teaching people how to deal with anger and aggression. He is an instructor with Cross Country University, presenting his training seminars, Anger Control Made Easy and Bullying and Sibling Rivalry, to mental health professionals throughout the United States. He has been keynote speaker at conferences on children's aggression. Izzy has developed unique role-playing procedures that produce almost immediate improvement in relationship problems. His Staten Island Community TV series, Help, They're Driving Me Crazy, presented his approach to problems

in getting along with people. Izzy's greatest passion is helping children who are victims of relentless teasing and bullying. Following the massacre at Columbine, he created and authored the website Bullies2Buddies.com and developed a comprehensive school violence prevention program called Victim-Proof Your School. The website teaches kids how to stop being victimized by their peers and instructs parents and teachers how to quickly and easily reduce fighting between children. His lessons for victims are also available as an audio CD program, How to Stop Being Teased and Bullied Without Really Trying. Izzy is working on a parenting book on sibling rivalry. The child of Holocaust survivors, Izzy was born and raised in the Bronx. He earned a Bachelor's degree in psychology from City College in 1974 and a Master's in clinical psychology from Hahnemann University in Philadelphia in 1978. Fulfilling a childhood dream, he then moved to Israel, where he began work as a school psychologist married a beautiful dark-skinned woman of Yemenite ancestry and had his first two children. In 1988 he moved back to the U.S. with his young family. Their third child was born in 1992.

Excellent help from Izzy and his kid. The kid's voice is very pleasant to listen to and this CD offers helpful examples for using this new way of thinking and behaving to reduce problems. I would recommend trainings Izzy does offer as well as this easy to listen to two part audio. The first cd of it is fantastic. The second starts off a bit extreme sounding discussing the worst of what revenge kids do sometimes take and warns listener to think before doing such things. Certainly that for most kids is not reasonable but for those who are desperately isolated and alone perhaps they do need to hear that part. I wish that part of the second cd wasn't part of this but overall it's excellent and helpful. Way to go Izzy for making this so kid user friendly!

great and funny advise!!

I got this CD and Izzy Kalman's book when my son was in 4th grade, when bullies were making his life, and ours, miserable. Nothing else was working to solve the problem, and the school wasn't being any help at all. Kalman's book and CD changed our lives. Izzy explains things in a way that kids and adults can really associate with and understand. Utilizing the simple methods explained by Izzy Kalman made all the difference in the world.

When I was a kid I was bullied by my brothers and then by my 4th grade teacher, and telling my parents or the school principal never helped. They always told me to stop crying, saying I was just

encouraging the bullying, but they never gave me any advice about how to make the bullies stop, because they didn't know how, either. I ended up feeling blamed for my own abuse and even more helpless. They always talked to the bully, of course, but that only made it worse, just like Izzy Kalman says. He is spot-on with his approach. Research in every country all over the world has proven that anti-bullying programs where children report bullying and the bullies are punished does not work. Kalman's clear and simple approach to teaching children how to give bullies a non-threatening response they don't expect, which he can prove will get bullies to stop being mean to them and, thus, help children to stop being victims has the power to change children's lives instead of leaving them at the mercy of their own helplessness. It has also been shown that a large percentage of bullies are angry former victims, so helping the victims to change can kill two birds with one stone. Kalman's methods need to be adopted by every school district and every family in the world. The planet would be a much better place for it.

Izzy knows his stuff!!! I have used his strategies with kids in the school where I work and it works with first graders as well as with high schoolers. So often the strategies that are suggested are so general and difficult for students to apply to their own situation. This strategy is specific and actually gives them the actual words to say or to think about and this is an ACTION plan, rather than just a THINKING plan. That is what appealed to me as a counselor and seems to appeal to the students. They can practice what to say, then making it more natural once the problem occurs. Believe me, I have used this strategy almost every day since I attended Izzy's conference over a year ago. Very, very effective!Mindy Johnson, BAYouth Prevention Counselor

I notice an important similarity between all of the negative reviews to this book: None of the nay-sayers have tried Kalman's approach. People that follow his advice all say it works. People who criticize it do so from their old beliefs. Kalman isn't a persuasive writer and much of his writing is awkward, but the methods work. I suggest people try it, even if they disagree with it. You can always "go tell on the mean kids" later if it doesn't work.

I'm 34 years old and have been bullied since I was an infant. I never learned how to stop the bullying, it continued into adulthood. I constantly read books on dealing with difficult people etc and all of the advice was lame!!! I own this CD and the book and it really has the information that I needed to cut the bullying out of my life- I loaned it to some friends and now decided I will purchase another copy of the cd. The information in this book is brilliant and it really makes sense - not at first

- but as soon as I implemented the ideas the bullying stopped! My life changed. The information is aimed at children but it works for anyone.

This cd was SO bad I had to write a review. I have to agree with a previous reviewer in saying the advice in this cd is wrongheaded, sets the victim up as a continual target, and comes dangerously close to blame the victim. No wait, UNBELIEVABLY the author DOES blame the victim. The old adage of just ignore them and they will go away is not a workable strategy and never has been. Such a one dimensional approach completely ignores the multiple sources of reinforcement a bully gets for their behavior. Even worse, the author goes into a guilt trip about why the victim should not make waves or report the bully. The advice given is only applicable in family situations or in situations where the bully is smaller or younger than the target of the bullying. The one positive in the book is the suggested games/exercises do seem to be useful in expanding a victim's perspective and repertoire.

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