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Making the Best of Being Bullied

Carlisha Young

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I was inspired to write this book, hoping to encourage, all those that has suffered physical, social, verbal and cyber bullying. As I battle daily within myself, I know that everyday is a struggle. Trying to stay positive, focused, keeping a positive attitude, staying encouraged, having the right mindset that I should have, is hard but it's worth it. I've added many did you know facts, to increase our knowledge regarding bullying. Stress and anxiety comes when we please others rather than ourselves. Now I realize that inner peace begins when you choose not to allow another person to control your emotion's.

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