



## Mobbing?: Es reicht! (German Edition)

*Dieter Gallun*

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## **Mobbing?: Es reicht! (German Edition)** Dieter Gallun

Mobbing ist eine der brutalsten Methoden, um Menschen zu diskriminieren, ja, sogar um sie ganz gezielt zu zerstören. Mobbing kann Menschen in den Tod treiben. Es kann ganz willkürlich jeden treffen. Eine Spontanabwehr ist meist nicht möglich, weil man als Betroffener oftmals erst spät realisiert was sich da zusammenbraut. Und je mehr Zeit ohne Gegenwehr vergeht, umso stärker fühlt sich der Mobber und hat sein Netz der Verunglimpfung ausgeworfen. Aber man ist nicht hilflos.

Dieses Buch zeigt die Problematik aus unterschiedlichen Blickwinkeln und empfiehlt erfolgversprechende und erprobte Strategien.

Denn man kann sich erfolgreich wehren. Die Angreifer können überall sein: in der Schule, im Verein, im Beruf, im Bekanntenkreis oder in der Nachbarschaft. Wenn man in seine Abwehr eine richtige Struktur bringt, wird man auch zum Ziel kommen. Man kann sich wieder frei fühlen und muss nicht an jeder Ecke mit einem Heckenschützen rechnen. Wieder frei sein für Schule, Beruf, Beziehungen. Sich wieder über das Leben freuen. Der Kampf lohnt sich.

In diesem Buch finden Sie viele Hinweise, Ratschläge, Tipps und Adressen für die Entwicklung Ihrer ganz persönlichen Abwehrmaßnahmen.

Viel Erfolg bei dem Aufbau Ihrer Anti-Mobbing-Strategie! Dieses Buch hilft Ihnen dabei.

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