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Helpful Guide on Bullying Lends Sound Advice to All Involved



Childhood and teenage years should be a time to be happy and carefree, but problems such as bullying can transform this stage of life. “My own pain, the damaged self-esteem of one of my sons, and the cries of children and parents inspired me to listen with my spirit and write from my heart,” says author Sally Ragoo.

Her profound book *The Cries of Victims and Bullies* was written to ensure that everyone can receive helpful advice on how to cope with the nightmare of bullying. The information can be used as a shared resource for both parents and children, and is interwoven with helpful insights and spiritual guidance. She interviewed “countless parents, victims, and bullies to ensure I could provide powerful but simple advice.” The book defines bullying, how to deal with cyber bullying, and explores the characteristics of both victims and bullies.

“I have read books from other writers who engage in the topic of bullying, many times there are too many examples of bullying incidents and not enough direct advice on how to treat the problem. I appreciate the

advice Sally has given and I intend to share it with all the parents that I know. Sally’s book gives a new dimension to the problem of bullying as she does not wage war on all bullies. She has written this book from her heart and from the bosom of a woman with maternal instincts.” –
Claire Guisnard Thompson

“Sally has done excellent research on this topic and has weaved well researched facts about bullying to her own experiences. She maintains a connected flow in each area and tugs at our hearts to help and heal both victims and bullies alike. The book is well written and divided into segments to address all parties. I have been a teacher for over 37 years and I anticipate this book will help thousands of readers. I am eagerly looking forward to reading other books that Sally plans to publish soon.” –
Sarah Joseph-Gooding, teacher in the Republic of Trinidad and Tobago

***THE CRIES OF VICTIMS AND BULLIES* (Kindle ISBN: 978-1-63135-254-6, ePub ISBN: 978-1-63135-255-3) is available for \$7.99 at <http://epubco.com/shop/products/the-cries-of-victims-and-bullies-by-sally-ragoo-mba-ba-hons/> or Amazon Kindle: <http://www.amazon.com/Cries-Victims-Bullies-Sally-Ragoo-ebook/dp/B00KGF0WOS/>**

Barnes & Noble Nook: <http://www.barnesandnoble.com/w/the-cries-of-victims-and-bullies-sally-ragoo-mba-ba-hons/1119568878>

and in multi-formats for other e-Readers through numerous vendors online.

The soft cover version (ISBN: 978-1-62857-426-5, \$10.95) can also be ordered through the publisher's website: <http://sbprabooks.com/SallyRagoo> or at www.amazon.com or <http://search.barnesandnoble.com>.

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About the Author: Sally Ragoo lives in Trinidad and Tobago. She started from humble beginnings and is now using her own experiences to add value to the lives of others. She hopes to help readers stamp out negative experiences and replace them with love, self-confidence, and faith. She is the director of the registered charitable organization Missions and Motivation Association (MAMA), which offers life skills programs, motivational programs for children and parents, and anti-bullying programs for children, parents, and teachers.



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