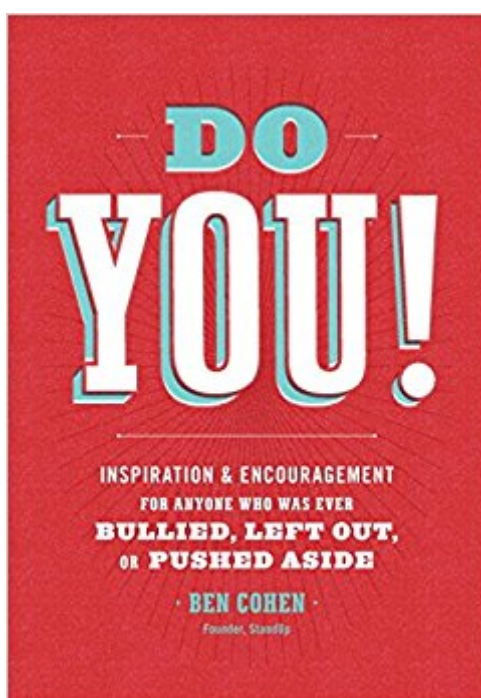


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# Do You: Inspiration And Encouragement For Anyone Who Was Ever Bullied, Left Out, Or Pushed Aside



## Synopsis

This book is tiny but powerful, and its life-changing advice can help you stand up to those who want to keep you down and inspire you to hold your head up high. Filled with words of encouragement and guidance for overcoming your challenges and finding the strength to be the best you the world has ever seen, Do You will help you unlock the superpower that is uniquely yours – you!

## Book Information

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Average Customer Review: 4.4 out of 5 stars 4 customer reviews

Best Sellers Rank: #2,121,117 in Books (See Top 100 in Books) #100 in [Books > Teens > Social Issues > Bullying](#) #345 in [Books > Teens > Social Issues > Self-Esteem & Self-Reliance](#) #350 in [Books > Teens > Personal Health > Self-Esteem](#)

## Customer Reviews

BEN COHEN is a world-renowned rugby player, winner of the Rugby World Cup, and a former Player of the Year. In May 2011, Ben retired from professional rugby to found the Ben Cohen StandUp Foundation, an anti-bullying organization that promotes tolerance and the importance of character, respect, and equality in creating a kinder world, in memory of his father. He lives in the United Kingdom.

Great inspirational little book. Simple words with a lot of power behind them. Give this to anyone who might be facing some obstacles in life. We all need a little encouragement now and again as well as being reminded that we ARE enough. Who we ARE IS enough. Always.

I love it!

As the founder of my own non profit, with an anti bullying program, I am always on the lookout for great books to help children and teens tackle bullying. I stumbled upon this book in the bookstore,

and I'm so pleased I did! It's a wonderful tool for kids struggling with bullying, or even just low self confidence. The book is super pleasing visually and I love the quotes from kids who've been through bullying. I look forward to talking with my team about adding this book to our non profit's Recommended Reading List!

First and foremost, I want say that this is a great book for anyone that has ever been bullied. I should know, I was bullied from first grade until the second semester of my sophomore year of high school (when I transferred schools). I think this book would have been a great asset to me 10 years ago because it discusses how to handle the bullying. I admit I did try to change who I was in order to avoid the bullying and honestly, it didn't work. I was a fairly different kid, I loved classic music (Beach Boys, Beatles, etc.) and loved watching TV shows from the same era. Apparently this made it hard for my peers to relate to me and opened me up to significant bullying which resulted in ostracism, name-calling, and pushing me against a locker on a daily basis. I tried to change who I was and feigned an interest in N'Sync. It didn't work, possibly because my peers saw through it. There was nothing I could do to stop the bullying and the only thing that stopped was transferring to a new high school. At my new school, my friends loved me for me and didn't expect me to change a thing. There need to be more people like that in the world! I think this book would have helped me through that difficult time but it wouldn't have stopped the bullying. Something needs to be done to stop the bullies. You can empower the victim all you want but until the bullies are stopped, no book like this will ever work completely.

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