



# **Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves**

*Keith Vitali*

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# Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves

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**Bullyproof Your Child: An Expert's Advice on Teaching Children to Defend Themselves** Keith Vitali  
School bullies are a fact of life, but what can parents really do to protect their children? Keith Vitali, a martial arts expert who has offered his advice on Oprah and given seminars around the country, provides the answer in *Bullyproof Your Child*. His book presents advice to parents on identifying the signs of verbal bullying, physical bullying, and cyberbullying and offers techniques proven to help children faced with bullying. Now any mom and dad can build a child's confidence, offer advice on parrying verbal abuse, and—as a last resort—teach appropriate self-defense strategies.

Vitali explains exactly what bullies are and what motivates them, recounts real-life incidents that provide insight into the physical and emotional harm bullies can inflict, and details his self-defense techniques with more than 150 color photographs and easy-to-follow, step-by-step descriptions. No child should live in fear of a bully, and no parent should be without Vitali's invaluable advice. Now they won't have to.

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