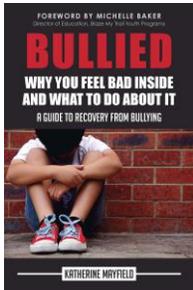


Title Sheet

Bullied: Why You Feel Bad Inside and What to Do About It



Pub date: August 12, 2013
Trade Paperback, 6" x 9"
91 pages
\$10.95
ISBN 978-1-938883-60-6
Maine Authors Publishing, Rockland, ME

Hailed as “a definitive guide to bullying” by Kathleen Shannon of NBC-TV’s “20/20,” *Bullied: Why You Feel Bad Inside and What to Do About It* is a guide to emotional intelligence for teens and adults. *Bullied* offers a simple four-step plan that readers can use to manage their feelings and express them in healthy ways; tips for coping with bullies; hotlines and advice for readers who are considering suicide; suggestions for raising self-esteem; quotes from famous people; and interviews with psychologists and adults who were bullied in childhood and took steps to recover from the trauma.

Despite the tremendous efforts that have been made to stop the bullying epidemic, bullying is still a huge issue in many schools. Regulations and anti-bullying laws are only partially successful. What's missing is emotional intelligence—attention to the human side of the situation: the hearts and souls of bullies and their victims. Until the emotional side of the issue is addressed, the epidemic will most likely continue. *Bullied* fills the gap by teaching readers the skills and tools of emotional intelligence, and offering a simple plan for managing feelings and building self-esteem.

Marilyn Price-Mitchell, Ph.D. described the book in an article on PsychologyToday.com: “In less than 100 pages, this book can help people through the challenge of being a bullying victim as well as understand how their own anger can inadvertently cause them to become a bully.”

Michelle Baker, Director of Education of Blaze My Trail Youth Programs, writes in the Foreword to *Bullied*, “I dearly wish this book had been available to me, my family, and my school when I was growing up.”

Bullied is available on Amazon.com, and can also be purchased through the author’s website, www.katherine-mayfield.com or the distributor, Maine Authors Publishing (www.MaineAuthorsPublishing.com).

Mayfield is the author of the award-winning memoir *The Box of Daughter: Healing the Authentic Self*, her own story of recovery from emotional abuse and bullying in childhood. *The Box of Daughter* won awards in both the 2012 Reader’s Favorite Book

Awards and the 2012 New England Book Festival, and was nominated as a Finalist in the 2013 Maine Literary Awards. Her other books include *Smart Actors, Foolish Choices* and *Acting A to Z*, both published by Back Stage Books; a book of poetry, *The Box of Daughter and Other Poems*; and the Kindle book *Dysfunctional Families: The Truth Behind the Happy Family Facade*. She blogs on Dysfunctional Families on her website, www.TheBoxofDaughter.com.

Selected reviews of *Bullied*:

“Mayfield’s book offers great solace and encouragement for those who may be lacking in confidence and self-esteem caused by being tormented by those who feel the need to take out their frustrations on others.”

—BellaOnline.com

"For anyone who ever found themselves at the mercy of a bully, Mayfield's latest offering is definitely a book to have front and center on your shelves."—[The Nashua Telegraph](http://TheNashuaTelegraph)

“Writing from her experience of being bullied and contemplating suicide as a teen, Mayfield connects with young people in simple, powerful, and personal ways. Helping teens and tweens understand what bullying feels like on the inside, she gently guides them through a four-step plan for regaining emotional health. In less than 100 pages, this book can help teens through the challenge of being a bullying victim as well as understand how their own anger can inadvertently cause them to become a bully.”

—PsychologyToday.com