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# THE SURVIVAL GUIDE TO BULLYING

*Written By A Teen*

**BY AIJA MAYROCK**

*The Survival Guide to Bullying* offers a heart-wrenching but hopeful perspective on the tough topic of bullying that causes so much pain for so many tweens and teens. Written by Aija Mayrock and initially self-published as an ebook, *The Survival Guide to Bullying* touches on a variety of hard issues from cyber-bullying to dealing with extreme anxiety. Aija's words are comforting as well as inspiring— she sadly knows about bullying from her own painful personal experiences in middle and high school. Aija faced merciless insults and isolation at the hands of her peers but came out of “The Dark Tunnel” a stronger person, ready to help those around her in similarly bad situations.

Throughout *The Survival Guide to Bullying*, Aija offers accessible guidance for kids and their caregivers in the form of survival tips, daily strategies, and quizzes. The updated Scholastic edition also features new, never-before-seen content, including an epilogue and an exclusive Q&A with the author. Readers will identify with Aija and be inspired to use their own creativity to face down their fears and honor their real selves, much like Aija wrote powerful rap poems she calls “roems”, ten of which are included in the book.

**Aija Mayrock** began writing *The Survival Guide to Bullying* when she was only sixteen, envisioning the book as her gift to the next generation of bullied kids. Aija won the 2013 Silver Medal for Poetry in the Scholastic Art & Writing Award program joining the ranks of celebrated creative leaders such as Andy Warhol, Truman Capote, Sylvia Plath, Stephen King, and Lena Dunham, all of whom won a Scholastic Award when they were teens. Aija is currently in college in New York City. Her dream is to give a voice to the voiceless through art.

## ***The Survival Guide to Bullying (Revised Edition)***

By Aija Mayrock

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