



# Bully Busters and Beyond: 9 Treasures to Self-Confidence, Self-Esteem, and Strength of Character (Morgan James Kids)

By Master Phil Nguyen

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**Bully Busters and Beyond: 9 Treasures to Self-Confidence, Self-Esteem, and Strength of Character (Morgan James Kids)** By Master Phil Nguyen

From victim to victor. From reactive to proactive. From suffering to succeeding. Martial arts master Phil Nguyen teaches the nine treasures to help children and their parents discover their inner strength so they can deal powerfully with bullying now and face adversity confidently for the rest of their lives. By applying the powerful principles in *Bully Busters & Beyond*, you can help your children build the self-confidence, self-esteem, and strength of character to go beyond their bullying challenges to lead happy, healthy, and successful lives.

To obtain your accompanying *Bully Busters & Beyond Family Action Guide*, learn more about the complete Bully Busters educational video program, or to bring Bully Busters into your elementary school or special event, please visit [www.bullybustersandbeyond.com](http://www.bullybustersandbeyond.com).

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## **Editorial Review**

### **About the Author**

Phil Nguyen is a seventh-degree black belt in Taekwon-Do, #1 Amazon international bestselling author of

*Black Belt Excellence: 9 Secrets Reveal the Truth About Family Martial Arts Training*

, and has taught thousands of children over the past thirty years on how to develop their self-confidence, self-esteem, and strength of character. His Bully Busters program has earned him Citizen of the Year, Mayor's City Builder, and Queen's Diamond Jubilee medal recognition for his and his family's contributions to his community and his country. His mission is to turn his local Bully Busters program into a global initiative.

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## **RESPECTFULNESS IN YOUR SELF**

Sooooo...

It all begins and ends with respect

Respect yourself even if you're not perfect

Respect other people, always try to connect

Respect the environment, it's ours to protect

Treat others the way that they would expect

Learn wisdom of the elders to make you reflect

Listen to your parents they're usually correct

Loving yourself is the ultimate project

## **FITNESS IN YOUR BODY**

Soooooo...

You have to take care of your precious body

Eat healthy foods instead of candy

Sleep well at night so you wake up happy

Train in martial arts and do it with your family

Breathe in and breathe out just like a yogi

Run outside, do push-ups, or play hockey

You'll feel strong, you'll have positive energy

Take care of yourself, you won't be sorry

## **TOUGHNESS IN YOUR MIND**

Sooooo...

Believe in yourself, make your mind strong

Leaders are readers and learning is lifelong

Focus on the positive and it won't be long

Until you realize that you belong

Bully words and actions can hurt like a loud gong

But you know the difference between right and wrong

Remember someone loves you so don't prolong

Raise your hands high and sing this song

## **Users Review**

### **From reader reviews:**

#### **Paul Hill:**

Now a day those who Living in the era where everything reachable by connect to the internet and the resources in it can be true or not need people to be aware of each details they get. How people have to be smart in getting any information nowadays? Of course the answer then is reading a book. Reading a book can help men and women out of this uncertainty Information especially this Bully Busters and Beyond: 9 Treasures to Self-Confidence, Self-Esteem, and Strength of Character (Morgan James Kids) book because book offers you rich information and knowledge. Of course the details in this book hundred percent

guarantees there is no doubt in it you probably know this.

**Robert Beck:**

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**Sharon Hite:**

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