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**Psych Up Live**  
**Thursday at 11 AM Pacific**  
August 02nd 2018: 'Recovery from Bullying: An Insider's Journey and Mission'

Anti-bullying sites report that bullying has become an epidemic. One in 7 students K – 12, bully or are a victim of bullying. 75% of school shootings are linked to bullying and there is a strong link between bullying and suicide. Against this backdrop, Alan Eisenberg, Founder of Bully Recovery, Coach, and author of A Ladder In The Dark: My Journey From Bullying To Self-Acceptance and Crossing the Line, shares his childhood experience of bullying, his years of suffering with Complex PTSD and the path to recovery. What Alan offers is the story behind the statistics that few share and too few adu

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### Featured Guest



#### Alan Eisenberg

Alan Eisenberg is Certified Life Coach & Founder / Managing Director Bullying Recovery, LLC. A victim of childhood bullying, Alan Eisenberg suffered from complex PTSD well into his adult years.

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