



# Hey, it's **NOT** the End

Secrets on How Successful People  
Twist Bullies and Reach Beyond Their Dreams

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**Hey, it's NOT the End**

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## **Chapter 1**

# **When Bully Attacks**

*“The beginning of all...”*



*“Attack? They are just mocking you, nothing more...”*

Does that sentence sound familiar to you? If yes, welcome to the world where people still regard bullying as “physical” and others are just MOCKS!

Wait, I agree that physical bullying is hard, it is! I’m not trying to take those for granted. But what I would like to portray here is, that there are more beyond physical bullying, where there are no medicines or antibiotics that can heal them, where it can transform the living manner and interaction of a person, and that is known as verbal bullying!

There are millions of people around the world who face verbal bullying, a bully that affects their life worse than a scar. Hey, don’t take this for granted! A wound can heal with medicines and care, but a heart takes thousand times more to heal (or even forever)!

Every word uttered may sound like a joke to some, but keep in mind that those same words can put someone's confidence down, ruin someone's life or even worst, a thought to end their so-called useless life!

Being a victim of verbal bullying for more than 10 years have made me realize on how hard it is for most victims to find a new door and take a step to do something new in life, especially when those pains were experienced since childhood. I can understand the trauma faced by those victims when they want to move on in life, after all, who can guess if they will not be bullied anymore?

As you have taken this book in your hands right now, I believe maybe some of you are feeling lost at this point, wished to give up on your passion and dreams, still searching for the best route to get out from these pressures, or whatever the reason may be, let me say it straight and sound right now, when bully attacks, it does not mean you have reached a dead end!

Just like the episodes in your favorite soap opera, your life may not be as colorful if there are no antagonist companions in your life, trying to put you down and trap you in the world of tears. Hey, I'm not saying that being bad is good, but if you see through it deeply, people who face huge downfalls in life are the potential heroes or heroines, as at the end, they are mostly the ones realizing on how those downfalls can lead them to the vibrant chapter of their lives.

Indeed, it's not an easy process, I warn you for it, but it's not impossible too. It's just the matter on how you see through it, and twist those bullies for your own personal growth. This is a mind game, you see.

*“When bully attacks,  
it does not mean you have reached  
the dead end.”*

As you go through this book, you will realize that you are **NOT** alone! There are famous celebrities, public figures and even people like you and I who faced the same bumpy roads, but they proved that bullying does not “kill them”, instead, it’s just the beginning of creating a “**BEST-SELLER BOOK**” of your life. You will witness on how people, in spite of being rich, smart, famous and talented are still bullied verbally, some were even bullied for almost their lifetime, but they could still grow and reach their dreams with high motivation and dedication (even better and brighter than those bulliers!).

So, are you ready to embrace a new journey of twisting the END to DARE, and witness the PASSIONATE YOU once you complete this book?

“Bullying happens through the imbalance of dominance and some stereotyping that happened lately. We can actually take this bullying as a fuel to make ourselves way better than before by considering it as a constructive criticism. This book will help readers to understand and will motivate them in a very efficient way, because I believe, experience is the best teacher!”

- **Prita Kemal Gani, MBA, MCIPR, APR** (Founder and Director of LSPR Jakarta)

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“You cannot control what other people are going to say or do, but you can control your behavior. This book can bring you new perspectives about bullying and I hope it will make you wiser in the future in the relation about how you will react to bullying.”

– **Isabella Fawzi** (TV Presenter)

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“This book shows an inspirative life journey of the author and real-life solutions based on her experience being a victim of bullying and how to face them. It also provides a practical explanation in how to pass and survive the bullies in this era.”

– **Taufan Teguh Akbari, M.Si** (Education Activist, Founder of Rumah Millenials, Co-founder of Inspirasi Dosen)

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“Everyone has failed in whatever manner. This book provides an illustration and solution on social problems within this social life. Read and follow the tips. Hopefully happiness, health and success will follow through.”

– **Dr. Ponijan Liaw, M.PD., CPS ®**

(Komunikator No.1 Indonesia President – IPSA (Indonesian Professional Speakers Association))

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“This book is the real prove and an eye opener from an Indonesian young generation that bullying is not a positive action. Hopefully, whatever is written by Kirti could be a roadmap from her inner heart to open the eyes of the young generation to always appreciate every human being that has the same noble goal in this world, without any differentiations.”

- **Aristha J. Kusuma** (Founder of Young and Brave Academy, Book Author)