

# **RESPECT: THE ACT OF BEING KIND TO MYSELF**

A Special Curriculum  
To Help Young People  
Understand The Inner Bully

Ages 9-14



by  
**Dr. Terrence Webster Doyle**  
with Adryan Russ

based on the  
Martial Arts for Peace Series books  
by Dr. Terrence Webster-Doyle

# Act And Being

**WJ Hussar**



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