



Stand Your Ground: How to Cope with a Dysfunctional Family and Recover from Trauma

Katherine Mayfield

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Dysfunctional family dynamics can ruin your life, your health, your career, and your self-esteem. "Stand Your Ground" reveals how deeply dysfunctional family dynamics can affect you, offers advice on the best ways to deal with difficult relatives and family bullies, and provides a simple four-step plan for recovering from the trauma of growing up in a dysfunctional family and rebuilding your self-esteem.

Written by Katherine Mayfield, award-winning author of the memoir "The Box of Daughter" and "Bullied: Why You Feel Bad Inside and What to Do About It," "Stand Your Ground" will help you create a workable plan for dealing with your family and reclaiming your authentic self.

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Playing with family in a very park, coming to see the water world or hanging out with close friends is thing that usually you may have done when you have spare time, then why you don't try factor that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you are ride on and with addition associated with. Even you love Stand Your Ground: How to Cope with a Dysfunctional Family and Recover from Trauma, it is possible to enjoy both. It is great combination right, you still need to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't buy it, oh come on its named reading friends.

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